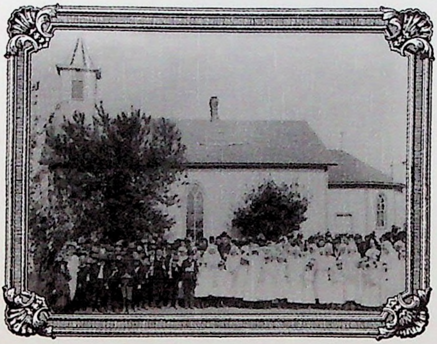
Keepsake Cookbook



ST. JOSEPH'S
ALTAR SOCIETY

1891

A Step Back
in Time...

2000

A Step Back In Time From Then to Now

Cover photo, top: Our first Catholic Church taken in 1891 with Father Leonard Epp and a communion class. Ellinwood Historical Society photo.

Cover photo, lower: Year 2000 photo of our century old church, Father David Flagor, Pastor. Brad Herrman photo.

For our first thirty years, the president of the Altar Society was Mary Auchstetter. Other officers of the first years were: Josephine Dantzman, Mrs. Louis Wess, Augusta Batchman and Josephine Valk. Society dues were ten cents a month and each year the Society ladies held a three day fair to raise money.

The year 2000 officers of the Society are: Lori Thomas, President; Shelly Broce, Vice President; Julie Kramp, Secretary; and Yvonne Strecker, Treasurer. Dues are $5.00 per year. Today our funds are raised by holding a festival in March, with dinner, craft items, cake walk and much more.

ST. JOSEPH ALTAR SOCIETY'S KEEPSAKE COOKBOOK

A STEP BACK IN TIME

A Collection of Recipes by

St. Joseph Altar Society
214 North Main
Ellinwood, Kansas 67526

This cookbook is a product of
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INTRODUCTION

Welcome to the Saint Joseph's Altar Society recipe book for the 21st century. Our last recipe book was published in 1978, 22 years ago.

Compared with cooking in the 1890s, the recipes are changed some, as are the times we live in, gone are many of the foods that call for lard, butter and whole milk. When Partic A. Narey, the contractor for the stone church that was under construction one hundred years ago, sat down to a noon lunch, and later his evening meal, his family ate the traditional farm food. Most of it grown by his family or someone they knew. Today when gathering supplies for one of the recipes included in this book, most will be bought, not grown.

In 1900 Ellinwood had several grocery stores on main street. By looking at the photos of the time you can see that canned goods, flour and metal utensils were what stocked the shelves, not bread, lettuce or cranberries.

A 100 year old recipe book would not mention burritos, lasagna, or oriental foods, but did list recipes from the European working class, and German foods would have predominated.

The Canning and Preserving section has not changed much in times passing. The methods of preservation have been shortened. It no longer takes dill pickles setting 10 days in the sun to make a good tasting jar of this staple. You could say most of the recipes printed in this cookbook have been "modernized" in the past one hundred years.

The Society thanks the donors and people who helped gather, and organize the recipes, for this new century edition. It is not possible without the support, advice and assistance of these people. Many hours and a lot of effort is involved in the editing and typing process before the book can be presented to the printers.

We also appreciate all the help and support from our officers, typist, photographers and writers. We want to thank all who purchase our book and we hope you use these recipes often and treasure our cookbook as a keepsake of St. Joseph's Catholic Church. We tried to use all recipes received and regret any errors or omissions.

The Society thanks all the parishioners for their generosity in donating these treasured recipes.

St. Joseph's Altar Society

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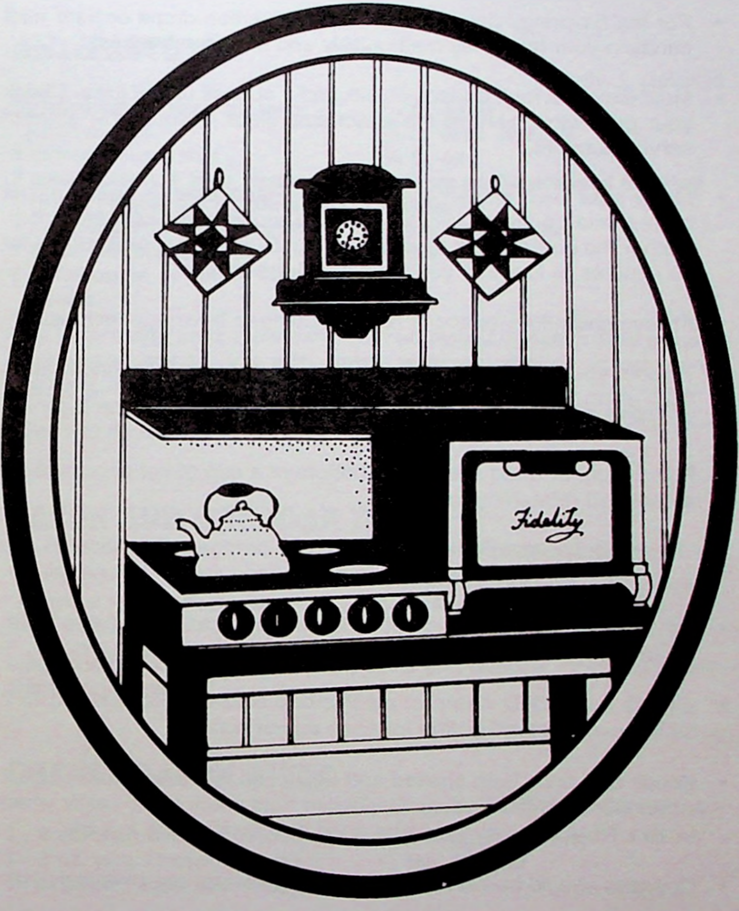
Appetizers & Beverages



Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

- Always chill juices or sodas before adding to beverage recipes.

- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.

- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

- One lemon yields about ¼ cup juice; one orange yields about ⅓ cup juice. This is helpful in making fresh orange juice or lemonade!

- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.

- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Cheeses should be served at room temperature, approximately 70°.

Appetizers & Beverages

Appetizers

ANTIPASTO

Betty J. LoBurgio

½ head cauliflower cut into small pieces
2 carrots sliced thin
2 stalks celery 1 inch pieces
1 green pepper cut in thin strips
1 red pepper cut in thin strips
1 large can black olives
6 small onion or can of cocktail onions
¾ C. water
¾ C. wine vinegar
¼ C. oil
1 clove garlic pressed or dried garlic
1 t. dried oregano
salt & pepper

In a large skillet or shallow pan add: cauliflower,carrots,celery,peppers,olives,and onions. Mix with water, wine vinegar, oil, sugar, garlic, oregano, and salt & pepper. Bring to a boil and simmer covered for 5 minutes do not over cook. Place in a covered bowl refrigerate for at least two days- serve.

BACON AND CHEDDAR DIP

7th grader Kelsey Birzer

1 - 1 oz. pkg. Hidden Valley Original Ranch Party Dip
¼ c. Bacon Bits
1 c. Shredded Cheddar Cheese
1 pt. Sour Cream

Mix dip with sour cream. Add bacon bits and cheese. Chill. Serve with chips and crackers.

CHEESY BACON BITES

2nd Grader Corey Detter

1 - 8 oz. pkg. Crescent Rolls
1 - 3 oz. pkg. Cream Cheese
¼ c. Bacon, fried and chopped
2 T. chopped Onion
⅛ tsp. Pepper

(continued)

Put cream cheese in bowl. Add bacon, onion, and pepper. Separate rolls into 2 sections; roll out like cinnamon rolls. Spread ½ mixture onto each section. Cut into 16 bites. It should seal the edges while cutting. Bake at 350° for 12 to 15 minutes until golden brown.

CREAMY SALSA DIP

Karen Kramp

1 c. thick and chunky salsa
1 pint sour cream
1 package Ranch salad dressing mix

Mix salsa, sour cream, and salad dressing together and serve with chips or vegetables.

DIP FOR FRUIT

Lorene Schartz

1 cup sour cream (8-oz.)
¼ cup brown sugar
2 T. Cointreau

Blend all ingredients, well. Refrigerate several hours or overnight. Very good for a fresh fruit dip.......fresh strawberries, green grapes, etc.

GUACAMOLE

Lorene Schartz

1 med. tomato
½ small onion
1 small garlic clove
2 med. ripe avocados
2 T. lemon juice
¼ tsp. salt
1 4 oz. can chopped green chilies, drained

Peel and dice tomato. Finely chop onion and garlic. Cut each avocado in half; remove seed; peel. In bowl, mash avocado with lemon juice; stir in salt, tomato, onion, garlic, chilies, spoon into bowl. Place avocado seed in dip to retain green color. Serve with tortilla chips or vegetables.

NACHO CHEESE DIP

Frances Reichuber

1 lb. hamburger
1 small jar jalapeño Cheez Whiz
1 large jar Cheez Whiz

(continued)

Brown hamburger and drain well. Add both jars of Cheez Whiz and heat slowly. Use with favorite dipping chips.

PEPPER POPPERS

Karen Kramp

1 package-8 oz. cream cheese, softened
1 C. shredded sharp cheddar cheese
1 C. shredded Monterey Jack cheese
6 strips bacon, cooked and crumbled
¼ t. salt
¼ t. chili powder
1/4 t. garlic powder
1 lb. fresh jalapeños, halved lengthwise and seeded
½ C. dry bread crumbs
Sour cream, onion dip or ranch salad dressing

In mixing bowl, combine the cheeses, bacon and seasonings, mix well. Spoon about 2 T. into each pepper half. Roll in bread crumbs. Place in a greased 15 x 10 x 1 baking pan. Bake uncovered, at 300° for 20 minutes for spicy flavor, 30 minutes for medium, and 40 minutes for mild. Serve with sour cream, dip or dressing.

SALTED NUT ROLL

Cheryl Klepper

2½ T. Margarine
1 can Sweetened Condensed Milk
1 - 12 oz. pkg. Peanut Butter Chips
1 jar Dry Roasted Peanuts
1 c. Miniature Marshmallows

Melt the margarine, milk, and chips. Add marshmallows to the hot mixture and stir until dissolved. Pour half the jar of dry roasted peanuts in a 9 x 13 inch pan. Pour the hot mixture on top of the nuts in the pan. Put the other half jar of nuts on top of this. Let set 2 or 3 hours before cutting into squares.

TACO DIP

Connie Roth

2 cans Jalapeño Bean Dip
2 cans Guacamole
8 oz. Sour Cream
½ c. Mayo
1 pkg. Taco Seasoning
1 bunch Green Olives
8 oz. can Black Olives
3 ripe Tomatoes
16 oz. Cheddar Cheese
1 Jalapeño

Spread bean dip in bottom of 9 x 6 glass dish. Spread guacamole dip on top of bean dip. Mix sour cream, mayonnaise, taco seasoning together. Spread over guacamole. Chop onions, tomatoes, and jalapeño. Mix gently and spread over top of sour cream. Top with cheese. Use Doritos or taco chips for dipping.

VELVEETA CHEESE BALL

Robin Doll

2 lbs. Velveeta cheese- room temp.
16 oz. cream cheese- room temp.
green onion; chopped
jalepeno pepper; chopped

Spread Velveeta cheese out flat on wax paper. Spread cream cheese over Velveeta. Add green onions and jalepeno peppers. Roll and refrigerate over night. Serve with crackers.

Beverages

COCOA

Lori Thomas

8 Qt. box powdered milk
1 lb. Nestles Quick
2 c. powdered sugar
6-8 oz. powdered non-dairy coffee cream

Mix all together, add ⅓ c. Mix to 1 c. hot water. Drink up!

FROZEN PUNCH

Ruth Schlochtermeier

3 - 3 oz. Jello, any favor
9 cups boiling water
4 cups sugar
4 cups water
2 - 46 oz. cans pineapple juice
1 - 16 oz. can frozen lemonade - undiluted
4 quarts ginger ale, chilled

Dissolve Jello in 9 cups boiling water; cool. Bring 4 cups each of sugar and water to boil, cool. Divide into 4 portions. Freeze. When ready to serve, let set at room temperature for 2-3 hours. Chop with a knife or spatula until slushy. Add 1 quart cold ginger ale with slush. Needs no extra ice. One recipe fills a small punch bowl twice. Approximately 50 servings.

GRAPE JULIUS

7th Grader Chelsea Wirtz

2 C. milk
frozen grape juice
ice
blender
powdered sugar optional

Pour milk in blender, put half the frozen grape juice into the blender, and fill up the rest of blender with the ice. Blend on high until the grape Julius is smooth and has no ice chunks in it. Then Enjoy! Add powdered sugar is you desire.

ORANGE-PINEAPPLE TWISTER

2nd grader Katie Morgenstern

4 c. cubed fresh pineapple or 2 (20 oz.) cans
pineapple chunks in unsweetened juice
drained and chilled.
1 pint (2 c.) orange sherbet
½ c. skim milk

In blender, blend pineapple until smooth. Spoon sherbet into container, add milk. Blend until smooth.

PEACH TORNADO

Evelyn Klepper

1 qt. Frozen Peaches
4 oz. Frozen Lemonade (thawed)
2 oz. Frozen Limeade (thawed)
8 oz. Vodka

Put ingredients in blender. Add boughten ice and beat until smooth and serve in chilled glasses.

PUNCH

Lorraine Rickert

1 can, 6 oz., frozen lemonade
2 cans, 6 oz., frozen orange juice
8 cans water
4 cups sugar
4 bottles 7 up - 2 liters
1 gallon sherbet - any flavor

Heat water to dissolve sugar, lemonade and orange juice. This can be done up to a week in advance. Mix base with chilled 7 up. Add sherbet just before serving. Set out sherbet 2 hours before serving so it will have softened. Colors of punch: lemon -light yellow or off white; orange - light orange or peach; lime - pale green; cranberry - red; raspberry - light plum. Serves 100 punch cups

SHERBET PUNCH

8th Grader Kevin Ille

Orange Sherbet
16 oz. can of Hawaiian Punch
16 oz. can of pineapple juice
ice crushed

Mix pineapple and Hawaiian punch juices together. Then add 5 large ice cream scoops of orange sherbet. Finally add the crushed ice and drink up.

STRAWBERRY DAIQUIRI

Evelyn Klepper

1 - 6 oz. can Frozen Lemonade
1 - 6 oz. can Frozen Limeade
1 c. Rum
2 c. Water
1 - 10 oz. pkg. of Frozen Strawberries

(continued)

Put all ingredients in Electric Blender, add ice and blend until thick consistency.

VODKA SLUSH

Lori Thomas

4 green tea bags
9 c. water
2 c. sugar
1 12 oz. frozen orange juice
1 12 oz. can frozen lemon aide
3 c. vodka

Add 4 green tea bags to the 2 cups water bring a boil. Let cool. Bring 7 cups water to a boil add 2 cups sugar, stir til sugar is dissolved. Let cool then add to the tea then add: the frozen juices and vodka. Mix all together and put in freezer, stirring every 2 hours. Next day add 2 cups of vodka stir and put back in freezer. To serve put ⅔ cup of mixture in glass and fill the rest with 7-up.

WORMY ORANGE PUNCH

Michele Gotschall

1 gallon orange sherbet, softened
1 quart pineapple juice, chilled
1 liter lemon-lime soda, chilled
Gummy worms

Combine sherbet and pineapple juice in a punch bowl; stir well. Add soda; stir until sherbet is almost dissolved. Decorate bowl with gummy worms. Serve immediately. Yield: 20 - 1 cup servings.

Recipe Favorites

Soups, Salads & Vegetables

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.

Soups, Salads & Vegetables

Soups

5 HOUR OVEN STEW

Lori Thomas given to me by John Henry's

- **1½ lbs. boneless round, cut in 1 inch cubes**
- **5-medium potatoes, pared and cut in eights**
- **2 C. carrots, cut up in 1 inch chunks**
- **1 C. onion, chopped coarse**
- **1 C. celery, sliced ½ inch pieces**
- **2-14½ oz. cans stewed tomatoes**
- **2 T. quick cooking tapioca**
- **1 T. sugar**
- **1½ t. salt**
- **⅛ t. pepper**

Mix in large bowl: beef cubes, potatoes, carrots, onions, celery, stewed tomatoes, tapioca, sugar, salt, and pepper. Mix gently, but well. Turn into 5 quart casserole. Cover with lid. Bake in 275° oven for 5 hours. Let stand 5 minutes before serving.

ASPARAGUS SOUP

Delores Hauser

- **2 C. Asparagus, cut in ½ inch chunks**
- **1 large potato, diced**
- **1 small onion, diced**
- **dash of dill weed**
- **milk**
- **3 beef or chicken bouillon cubes**

Cook asparagus with enough water to cover, for about half done. Add potatoes and onion. Cook til tender. Add dill weed, bouillon beef or chicken. About three cubes. Add milk til as thick as you like. Reheat but do not boil.

BEEF STEW

Pinky Lloyd

2 lbs. sirloin tips or stew meat, cubed
5 or 6 medium potatoes, quartered
2 stalks celery, cut into pieces
3 carrots, cut into 2 inch pieces
½ onion, chopped
3 dashes Worcestershire sauce
salt & pepper to taste
1 can tomato soup
2 bay leaves
1 can peas

Grease large casserole dish. Put in meat, potatoes, celery, carrots, onion, Worcestershire sauce, salt, pepper, tomato soup, bay leaves, and peas. Cover with foil. Bake at 225 degrees for 5 hours. Take foil off the last 45 minutes.

BROCCOLI SOUP

Mary Waite

½ c. Onion, chopped
3 T. Oil
6 c. Water
6 Chicken Bouillon Cubes
8 oz. Noodles
20 oz. Broccoli, frozen
1 tsp. Salt
¼ tsp. Garlic Powder
1 lb. Velveeta Cheese
6 c. Milk or 1 can Evaporated Milk and 5 c. low-fat Milk

Sauté onion in oil in large kettle. Add water and bouillon cubes. Heat to boiling until dissolved. Add noodles and cook 2 minutes. Stir in broccoli, salt, and garlic powder. Cook 4 minutes. Stir in cheese. Stir until melted. Add milk. Heat. Stir constantly on low heat until cheese is melted. Do not boil after adding milk.

COUNTRY-STYLE SOUP

Lorraine Rickert

½ c. Ham, cooked and diced
¼ c. Onion, chopped
Dash of Thyme
1 T. Butter
1 can Cream of Potato Soup
½ soup can Milk
½ soup can Water
½ c. Green Beans, cooked and cut

In saucepan, cook ham, onion, and thyme in butter until the onion is tender. Add soup, milk, water, and green beans. Heat, stirring occasionally. Servings: 3

CREAMED CAULIFLOWER SOUP

Ruth Hill

2 - 10 oz. frozen cauliflower
⅓ C. chopped celery
1/2 t. curry powder
2 C. chicken broth
3 T. flour
3 T. oleo
2½ C. milk

Mix altogether and simmer in crock pot then serve. Broccoli soup can be made the same way.

GOLDEN ONION SOUP

Patricia Shields

2 cups quartered thinly sliced onions
½ cup butter or margarine
¼ cup flour
2 cups chicken broth
2 cups milk
2 cups or 8 oz. shredded mozzarella cheese.

In a sauce pan over medium low heat, cook onions in butter for about 10 minutes or until tender. Stir in flour until blended. Gradually add broth and mild. Bring to a boil over medium heat, stirring constantly. Cook and stir for 1 minute. Reduce heat. Add cheese and do not boil. Heat just until cheese is melted. Yield 6 servings.

GRANDMA'S HAMBURGER STEW

Terri Huslig -- "In Memory of Margaret Doll"

1 lb. ground beef
1 can tomato soup
1 can tomatoes (diced)
1 can wax beans (sliced)
4 stalks celery (diced)
4 carrots (diced)
4 potatoes (diced)
Salt and Pepper to taste
Diced onion or onion flakes to taste
Crinkly Noodles

Brown ground beef and onion in large pan. Add tomato soup and diced tomatoes. Then add wax beans, celery, carrots and potatoes. Salt and pepper all ingredients to taste. Bring to a boil, then simmer. Add crinkly noodles (however many you want) just about 1 hour before serving. Excellent served on a cold, wintery day with crackers or homemade bread!

HAMBURGER VEGETABLE SOUP

Jenny Kasselman

2 lbs. ground beef
2 C. diced potatoes
2 C. shredded cabbage
1-15 oz. can tomato soup
½ C. rice
6 to 8 t. salt
½ t. thyme
1 medium onion
2 C. sliced carrots
2 C. sliced celery
1 sauce can water
6 C. water
½ t. basil
2 bay leaves

Cook ground beef and onion until lightly browned; drain. Add potatoes, cabbage, tomato sauce, rice, salt, thyme, carrots, celery, water, basil, and bay leaves. Bring mixture to boil. Cover and simmer for 2 to 3 hours until vegetables are tender. Freezes well.

MEXICALI SOUP

Mary Robl

1 small onion, diced
1 26 oz. can cream of chicken soup
1 26 oz. can cream of mushroom soup
4 14.5 oz. cans of chicken broth
2¼ cup of milk
3 cans of Ro-Tel tomatoes
2 lbs. diced chicken
1½ Tb. Williams chili mix
6 flour tortillas
grated cheese
black olives
green onions
sour cream

Sauté onion and butter in large soup. In large soup pot, mix soups and milk until smooth. Add broth, tomatoes, chicken, and chili mix. When you serve this, put crushed chips in row. Top with soup and then put green onions, black olives, cheddar cheese on top. I always use chopped fresh tomatoes also. I put a Lazy Susan with all the toppings and let people do it themselves. This soup is spicy. This is ½ of the original recipe. This will serve approximately 15-20 people. You can cook the chicken and use the broth from this instead of canned chicken broth.

PORK CHILI

Joanie Wise

2 lbs. Pork, cut in small cubes
2 T. Cooking Oil
1 lg. Onion, thinly sliced
2 Cloves Garlic, minced
1 tsp. Ground Cumin
2 - 4 oz. Cans Diced Green Chilies
13 oz. Can Tomatillos
1 c. Chicken Broth
1 lg. Tomato, chopped
1 tsp. Dried Oregano

In large saucepan, brown half of pork in hot oil. Remove pork and set aside. Add remaining pork, onion, garlic, and cumin. Cook till meat is brown. Return all pork to pan. Stir chilies, tomatillos, broth, tomato, and oregano into saucepan. Bring to boiling. Reduce heat and simmer, covered, about 1½ hours or until meat is tender. Uncover and cook gently for 20-30 minutes until slightly thickened.

POTATO SOUP FOR TWO

Un Known

1½ C. diced potatoes
¼ C. diced celery
¼ C. diced onions
¾ C. water
½ t. salt
1 T. flour
1 C. milk
1 chicken bouillon cube
½ C. sour cream
1 T. chopped chives, optional

Combine potatoes, celery, onions, water, and bouillon and salt. Cover and cook til vegetables are tender about 20 minutes as potatoes should not be mushy. Mix sour cream, flour, and chives and milk in small bowl. Gradually stir in sour cream mixture into soup base. Cook until thickened- stirring constantly.

QUICK CHILI

Lorraine Rickert

2 lbs. Ground Beef
¼ c. Onion, diced
2 tsp. Salt
1 tsp. Pepper
2 - 15 oz. cans Chili Beans
2 - 8 oz. cans Tomato Sauce
2 c. Water
1 T. Chili Powder
1 tsp. Vinegar, optional

(continued)

Brown beef, onion, salt, and pepper in pan. Drain off grease and set aside. In pot, put chili beans, tomato sauce, water, chili powder, and vinegar. Bring to a boil, turn heat down to simmer. Add beef mixture. Simmer 30 to 40 minutes. Servings: 6-8

TACO SOUP

Phillys Bartels

1 lb. ground beef
½ cup chopped onion
1 16 oz. can tomatoes with liquid
1 8 oz. can tomato sauce
1 can corn with liquid
1 can kidney beans with liquid
1 taco seasoning package

In a large soup pot, brown beef and sauté onions. Drain well. Add tomatoes, corn tomato sauce, beans, and taco seasoning. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Reduce heat and simmer. Can garnish with avocado and shredded cheese. Serve with corn chips.

TORTILLA SOUP

Karen Kramp

2-14 oz. cans Mexican style stewed tomatoes
1-12 oz. can whole kernel corn with sweet peppers, drained
½ c. water
½ of 1¼ oz. envelope approximately 2 T. taco seasoning mix Tostitos chips
1 c. shredded cheddar or Monterey Jack cheese

Mix stewed tomatoes, corn, taco seasoning and water together and cook until boiling. Serve with Tostitos chips and shredded cheese.

TURKEY BISCUIT STEW

Marge Detmer

⅓ c. Onion, chopped
¼ c. Butter
⅓ c. All Purpose Flour
½ tsp. Salt
⅛ tsp. Pepper
1 - 10½ oz. can Condensed Chicken or Turkey Broth
¾ c. Milk
2 c. Turkey, cooked and cubed
1 c. Peas, cooked
1 c. Baby Carrots, cooked
1 - 10 oz. tube Refrigerated Buttermilk Biscuits

(continued)

In a 10" ovenproof skillet, sauté onion in butter until tender. Stir in flour, salt, and pepper until smooth. Gradually add broth and milk. Cook, stirring constantly until thick and bubbly. Add the turkey, peas, and carrots. Heat through. Separate biscuits and arrange over stew. Bake at 375° for 20 to 25 minutes.

WHITE CHILE

Rosemary Robl

1 chicken cooked and deboned
1 large onion, sauté in butter
1 t. oregano
1 to 2 t. chili powder
2 to 3 t. garlic powder
10 shakes of Tabasco
2 large potatoes, chopped
jalapeño pepper cut very fine
½ pound cooked navy beans

Sauté onion in butter add to chicken broth along with; oregano, chili powder, garlic powder,Tabasco sauce, potatoes, jalapeño peppers, and beans. Add chicken and simmer until vegetables are done. Good served with sour cream.

Salads

ACINI DE PEPE SALAD

Susie Schlochtermeier

1 C. acini de pepe salad macaroni
3 C. water
1 C. sugar
3 T. flour
3 beaten eggs
juice from - 1 can chunk pineapple 2½ C.
2 cans mandarin oranges
1 C. miniature marshmallows
2 C. Cool Whip

Cook macaroni in salted water until water disappears. Cool. Cook sugar, flour, eggs, and fruit juices until thick and clear. Mix with macaroni, refrigerate over night. Add fruit, 1 C. miniature marshmallows, and 2 C. Cool Whip.

APPLE SALAD

Karen Kramp

2 c. cubed tart apples
2 c. thinly sliced celery
2 c. halved seeded grapes
1 c. miniature marshmallows
½ c. mixed nuts
(Dressing)
⅓ c. chilled evaporated milk
½ tsp. sugar
¼ tsp. vanilla
3 T. mayonnaise or miracle whip
3 T. peanut butter

Combine apples, celery, grapes, and marshmallows. Beat evaporated milk until frothy. Add sugar and vanilla. Beat in mayonnaise and peanut butter. Pour over fruit and stir until coated. Cover and refrigerate. Add nuts before serving. Yield: 12 to 14 servings.

APRICOT AND PINEAPPLE SALAD

Dorothy Moeder

2-3 oz. pkg. orange Jello
2 cups boiling water
1 can (No. 2 1/2) mashed apricots
1 can (No. 2 1/2) crushed pineapple
1 c. miniature marshmallows
1 cup pineapple and apricot juice combined
½ cup sugar
2 heaping Tsps. flour
1 egg
2 Tsps. butter
Dream Whip

Add boiling water to Jello. Add apricots, pineapple and marshmallows to cooled Jello. When Jello is completely set, spread on topping. Combine in sauce pan, sugar, flour, egg, butter, and apricot and pineapple juice combined. Boil until thickened. Stir often so it doesn't burn. Let cool and fold in 1 cup dream whip. Spread on set Jello.

BROCCOLI CAULIFLOWER SALAD

Patricia Shields

8-10 slices bacon
1 head broccoli
1 head cauliflower
1 cup grated cheddar cheese
1 small onion, diced
½ cup sour cream
½ cup mayonnaise
½ cup sugar

Fry bacon until crisp - crumble. Tear broccoli and cauliflower into pieces. Add onion and bacon to broccoli and cauliflower. Make dressing using

(continued)

sour cream, mayonnaise, and sugar. Mix and toss into broccoli and cauliflower mix. Chill and serve. Serves 8 - 10.

CABBAGE SLAW

Bonnie Batchman

3 to 4 C. cabbage	**½ C. oil**
¼ C. chopped onion	**1 C. sugar**
¼ C. chopped green pepper	**¾ C. vinegar**
¼ C. diced carrots	**¼ t. pepper**
¼ C. chopped celery	**¼ t. garlic powder**
Dressing:	

Mix cabbage, onion, green peppers, carrots, and celery in bowl; set aside. Mix oil, sugar, vinegar, pepper, and garlic powder together and shake good to pour over the vegetables. Stir 4 to 5 times in the time standing or store over night-drain. Reserve juice and keep it in refrigerate. Recipe can be cut in half to suit your needs.

CASHEW PEA SALAD

Bertha Achatz

½ c. Miracle Whip	**2 c. Cauliflowerets**
2 T. Lemon Juice	**1 can Water Chestnuts**
½ tsp. Dill Weed	**¼ c. Red Onion, chopped**
1 - 10 oz. pkg. Frozen Peas	**¼ c. Cashews**

Mix miracle whip, juice, and dill until well blended. Add peas, cauliflowerets, chestnuts, and onion. Mix well. Refrigerate. Sprinkle with cashews just before serving.

CAULIFLOWER AND BROCCOLI SALAD

Shelly Broce

2 cups chopped califlower	**1 cup chopped celery**
2 cups chopped broccoli	**¼ cup finely chopped onion**
5 strips bacon - cooked and crumbled	**2 cup real mayonnaise**
	2 T. sugar
1 cup grated cheddar cheese	**2 T. vinegar**

Mix cauliflower, broccoli, bacon, cheddar cheese, celery, and onion in large bowl. Mix mayonnaise, sugar and vinegar in another bowl until

(continued)

well blended and then pour over the vegetable mixture and mix well. Store in the refrigerator.

CAULIFLOWER SALAD

Sherrie Siefers

1 head cauliflower(pulled apart)
¼ C. diced celery
1 bottle green goddess dressing
1 package frozen broccoli cuts
3 to 4 green onions diced
1 package frozen peas

Cook, drain and cool broccoli and peas. Toss cauliflower,celery,dressing,and onions together with broccoli and peas and keep in refrigerator overnight.

CAULIFLOWER SPINACH SALAD

Mary Waite

1 c. Mayonnaise or Salad Dressing
¼ c. Grated Parmesan Cheese
2 T. Sugar
1 T. Onion, finely chopped
1 T. Fresh Parsley, minced
1 sm. Head Cauliflower, broken into florets
1-10 oz. pkg. Fresh Spinach, torn
1 c. Fresh Mushrooms, sliced
½-¾ lb. Bacon, cooked and crumbled

In a small bowl, combine mayonnaise, cheese, sugar, onion, and parsley. In a large salad bowl, combine cauliflower, spinach, mushrooms, and bacon. Add dressing and toss to coat. Serve immediately. Servings: 6-8

CAULIFLOWER BROCCOLI SALAD

Melaine Zink

1 bunch fresh cauliflower
1 bunch fresh broccoli
8 green onion with taps
1 (8 0z.) can water chestnuts
½ cup mayonnaise
⅓ cup oil
⅓ cup cider vinegar
1 sm. pkg. dry Hidden Valley Ranch Mix

(continued)

Cut up the cauliflower and broccoli, soak in salt water; drain. Cut up green onions, water chestnuts and put in a bowl. Mix mayonnaise, oil, vinegar and Hidden Valley Ranch Mix together and pour over veggies.

CHERRY PEPSI SALAD

Ethel Ringwald

¾ c. sugar
¾ c. water
1 [21 oz.] can cherry pie filling
1 [6 oz.] pkg. cherry gelatin
1 c. carbonated cola drink
1 [8 oz.] can packed crushed pineapple juice
1 c. chopped nuts
1 [8 oz.] carton whipped topping [thawed]

Bring sugar and water to a boil. Stir in pie filling, bring to a boil, remove from heat. Stir in gelatin until dissolved. Add cola, pineapple and ½ c. nuts. Mix well, pour into serving dish. Chill until set. Top with whipped topping and rest of nuts.

CHINESE SALAD

Marge Detmer

1 large can French green beans - drained
1 large can Chinese vegetables - drained
1 small can peas - drained
1 can watercress or 1 can water chestnuts - drained and cut into pieces
1 can bean sprouts - drained
2 cups diced celery
1 med onion - diced
salt & pepper to taste
2 cups sugar
2 cups vinegar
2 T. tarragon vinegar

Heat sugar and vinegar and pour over vegetables. Refrigerate. Will keep a long time in the refrigerator.

CHRISTMAS COMPOTE

Jean Klepper

½ c. Dried Tart Cherries
1 c. Seedless Green Grapes
1 c. Seedless Red Grapes
1 Granny Smith Apple, cored and cut into bite size pieces
1 Red Delicious Apple, cored and cut into bite size pieces
2 Kiwi, peeled and cut into wedges
¼ to ½ c. Honey
1 tsp. Finely Shredded Lime peel
2 T. Lime Juice

In small bowl, pour boiling water over dried cherries. Let stand 15 minutes or until plump, drain. In a large bowl, combine green and red grapes, apples, and kiwi. Add drained cherries. In a small bowl, combine honey, lime peel and juice. Pour honey mixture over fruit and toss to coat. Chill up to 2 hours before serving. Serves: 8-10

COOKED POTATO SALAD DRESSING

Rose Moos

¼ cup sugar
2 tablespoons flour
1 tablespoons dry mustard
½ tsp. salt
2 beaten egg yolks
2 tablespoons melted oleo
2 beaten egg whites
½ cup vinegar

Mix egg yolks and oleo and add to sugar-flour-seasoning mixture. Then add the vinegar and mix well. Cook over medium heat until thick. Add beaten egg whites and fold into the hot mixture. This can then be poured over diced, cooked potatoes, which have been cooled. Add grated onion and diced boiled eggs.

CRANBERRY SALAD

Louise Hammeke

1-3 oz. package lemon Jello
¾ C. boiling water
1-# 2 can crushed pineapple
1-8 oz. cream cheese
1 C. Cool Whip
1 C. small marshmallows
2-3 oz. packages cherry Jello
2 C. boiling water
1 C. cold water
1-16 oz. can cranberry sauce

Prepare lemon Jello with ¾ C. boiling water and can of crushed pineapples. Cool. Add cream cheese softened with a few tablespoons of

(continued)

pineapple juice. Fold in Cool Whip and marshmallows. Allow to set in a 13 x 9 inch pan. Prepare cherry Jello mix with cranberry sauce and pour over first layer.

CUCUMBER SALAD

Bernita Clair

1 small box lime or lemon Jello
1 C. diced cucumber's
1 C. crushed pineapple's, drained
1¼ C hot water- include juice
½ C. miracle whip or any salad dressing
2 T. vinegar

Dissolve Jello in hot water with juice. Stir salad dressing into Jello until dissolved, add vinegar. Add cucumbers, and pineapples. Chill until firm.

FRUIT CUPS

7th Grader Sarah Waite

1 - 12 oz. Can of Frozen Orange Juice
1 - 12 oz. Can of Water
1 - 16 oz. pkg. Frozen Strawberries, thawed
1 - 17 oz. Can of Apricots, drained and cut
6 Bananas, sliced
1 - 20 oz. Can of Pineapple, chunks or tidbits

Mix orange juice (thawed, but still concentrated) and water. Add strawberries, apricots, bananas, and pineapple. Put in cups, sherbet glasses, or small bowls. Cover and freeze. Thaw slightly before serving. Servings: 10

JELLO SALAD

Ruth Hill

2 boxes lemon Jello or lime Jello
2 cups hot water
1 large carnation milk
1 lb. cottage cheese
1 #2 can crushed pineapple
1 cup chopped celery
1 cup chopped cucumber, optional
½ cup nuts
½ cup miracle whip or mayonnaise

Mix Jello and water then add milk and mix well. Add the cheese,pineapple,celery,cucumber, and nuts. Pour all into a flat 8 x 10 inch dish.

(continued)

Let set up in the refrigerator over night. Right before serving top with miracle whip.

LAYERED LETTUCE SALAD

Connie Roth

Put ingredients in 9 by 13 pan in order given: 1 head lettuce, torn into pieces 1 cup diced celery 1 cup chopped onion 2 carrots, shredded finely [2 large, or 4 small] 1 box frozen peas [do not thaw or cook] 1 cup mayonnaise mixed with 2 tbs. sugar [spread on top of peas] 10 slices [approx. ½ lb.] bacon fried crisp and broken into small bits and sharp cheddar cheese to layer on to cover and chill 8 hours

LIME SALAD

Darlene Stoss

1 package graham crackers
⅓ cup melted butter
2 T. sugar
1 - 3 oz. box lime Jello
1 - 8 oz. package cream cheese
½ cup sugar
2½ tsp. vanilla
1 package dream whip or 8 oz. Cool Whip

Crush graham crackers and reserve ½ cup of crumbs for top of salad. Combine remaining crumbs with the melted butter and sugar. Press into bottom of pan. Mix the lime Jello according to directions on the box. Cool. Cream 1 - 8 oz. package cream cheese, ½ cup sugar, and 2½ tsp. vanilla together. Add cooled Jello to cream cheese mixture. Then add 1 package whipped dream whip or 1 8 oz. package Cool Whip. Mix these together. Put salad in pan on top of crumbs. Put reserved crumbs on top. Refrigerate.

MACARONI SALAD

Joanie Wise

20 oz. Macaroni, cooked
2 cup Miracle Whip
½ cup Vinegar
½ cup Sugar
1 can Sweetened Condensed Milk
2 Carrots, Finely Diced
1 Bell Pepper, Finely Diced
Salt & Pepper to Taste
1 Small Onion, Finely Diced

(continued)

Mix Miracle Whip, Vinegar, Sugar, Milk, Carrots, Green Pepper, Onion, Salt & Pepper in large bowl. Add Macaroni and Mix together. Refrigerate overnight.

MANDARIN SALAD

Lorene Schartz

1 can mandarin oranges, drained
½ cup sliced almonds
3 T. sugar
½ head iceberg lettuce
½ head romaine lettuce
1 cup chopped celery
2 whole green onions, chopped

DRESSING:
½ tsp. salt
dash pepper
¼ cup vegetable oil
1 T. parsley
2 T. sugar
2 T. vinegar
dash Tabasco

Cook almonds and sugar until almonds are coated and sugar dissolved. Cool and store in airtight container. Mix all dressing ingredients and chill. Mix lettuces, celery, and onions. Just before serving add almonds and oranges. Toss with the dressing. 4 to 6 servings.

MEXICAN SALAD

Eileen Huslig

1 head lettuce
2 tomatoes
1 small onion
]½ lb. grated cheddar cheese
1 can Mexican style beans
½ small bag of Fritos
½ bottle of Catalina dressing

Toss all ingredients together and sprinkle with ½ bag of Fritos on top.

MOLDED RHUBARB SALAD

Marilee Huslig

3 cups diced rhubarb
2 cups water
1/2 cup sugar
1 6 oz. strawberry Jello
1 20 oz. can crushed pineapple drained
½ cup chopped walnuts

Cook rhubarb and water about 5 minutes over low heat add sugar, Jello, remove from heat. Add pineapple and nuts and put into a 6 cup mold that has been oiled.

MOM'S PRIZE-WINNING CHINESE SALAD

Angie Maddy

- 2 bunches Romaine lettuce or 1 Romaine and ½ iceberg
- 6 green onions
- 2 package Ramen noodles, broken up. Discard flavor packet.
- ½ cup slivered almonds
- 1 oz. sesame seeds
- ¼ cup cider vinegar
- ½ heaping cup sugar
- ¾ cup salad oil

Wash lettuce, separating leaves and removing ribs. Lay in single layer between paper towels to dry. Discard brown edges. Let lettuce dry 15 to 20 minutes. Tear into bite sized pieces. Put in salad bowl. Mix with cut green onions and tops. While lettuce dries, sauté noodles, almonds, and sesame seeds. Almonds and noodles will barely brown, so be careful to not scorch. Remove from heat and set aside. Boil vinegar, sugar, oil for 1 minute. Before serving, stir or shake dressing and pour over salad. Sprinkle noodle mixture over salad and serve.

NAPA CABBAGE CRUNCH

LINDA ILLE

- 1 Head of Bok Choy [Napa cabbage] or leaf lettuce may be used thinly sliced
- 1 bunch of green onions, chopped
- ⅓ stick of butter
- 2-pkg. Ramen noodles [discard seasoning] break into small pieces
- ½ C. slivered almonds
- ½ C. sesame seeds

Dressing:

- ½ C. sugar
- ½ C. vegetable or olive oil
- ¼ C. vinegar
- 1 T. soy sauce

Wash cabbage and drain. Combine with onions. Refrigerate until time to serve. Sauté butter with ramen noodles, almonds, and sesame seeds. To make Dressing: combine sugar, vegetable or olive oil, and soy sauce together and mix well and then refrigerate. Add noodle mixture and dressing to cabbage JUST BEFORE serving.

ORANGE JELLO SALAD

2nd grader Ryan Komarek

2 pkgs. Orange Jello
2 c. boiling water
2 c. orange sherbet
2 c. Cool Whip

Mix the Jello with the boiling water. Stir until Jello is dissolved; add the sherbet and mix well. (Make sure the sherbet is completely dissolved before adding the Cool Whip.) Add the cool whip and mix well. Pour into 9 x 13 pan. Chill until set.

ORIENTAL COLESLAW

Ruth Schlochtermeier

1-large head of lettuce, shredded
8-green onions, sliced
2-packages oriental noodles broken into fine pieces
4 oz. slivered almonds
4 oz. sunflower seeds

DRESSING:
2 packages oriental noodle seasoning
¼ C. sugar or 6 equal packets
1 t. pepper
½ C. oil
½ C. rice vinegar

Mix all together, refrigerate and serve.

PASTA SALAD

Jolene Snell

Dressing
1 cup oil
1 cup vinegar
1 cup sugar
1 Tbsp. salt
1 Tbsp. pepper
1 Tbsp. parsley flakes
1 Tbsp. garlic salt
1 tsp. accent

Measure 10 cups of multicolored pasta (uncooked). Cook according to the package direction. Bring to boil the dressing ingredients while the pasta is cooking. Pour the dressing over the drained cooked pasta. Cool. Add vegetables (for example; onion, broccoli, black olives, red or green pepper, radishes, celery, tomatoes, cheese chunks, ham chunks.) This makes a very large salad, but can be cut in half easily.

PASTA SALAD

2nd grader Brett Lyman

1 pkg. tri pasta
1 bottle creamy Italian
1 cucumber
1 purple onion
1 pkg. colby cheese
2 tomatoes
1 tsp. salt
1 tsp. pepper

Boil pasta and drain. Dice cucumber, onion, colby cheese and tomatoes. Add salt and pepper. Mix together pasta and diced vegetables and spices. Pour creamy Italian (preferably Kroger or green goddess brand) over top. Refrigerate at least one hour and then mix together and serve.

PEACH CREAM SALAD

Joyce Schulte

1 can sweetened condensed milk
½ C. lemon juice or juice of 2 lemons
1-3 oz. package cream cheese softened
1 t. vanilla
1 large can peaches sliced
1 large carton Cool Whip

Drain and dice peaches. Stir together milk and lemon juice. Beat in the softened cream cheese. Stir in vanilla, peaches, and Cool Whip. Pour into bowl and serve.

PIMENTO CHEESE SALAD

Patricia Shields

1 jar Pimento Cheese Spread
1 can Crushed Pineapple
1 med. container Cool Whip
1 c. Marshmallows

Mix cheese spread, pineapple, Cool Whip, and marshmallows together. Chill. Servings: 6-8

PINEAPPLE SALAD

Kim Morgenstern

1⅔ C. undrained crushed pineapple
1½ C. cooked minute rice
½ C. sugar
1 T. cornstarch
1 C. whipping cream
⅛ t. salt

Combine pineapple, sugar, and cornstarch and cook until boils and thickens. Stir constantly. Cool. Whip cream until stiff. Fold into pineapple and rice mixture.

QUICK FRUIT SALAD

Ruth Corbett

1 can Cherry pie Filling
1 can Mandarin oranges(drained)
1 can Pineapple chunks(drained)
2 c. Miniature marshmallows
1 c. Nuts

Mix cherry pie filling, mandarin oranges, pineapple chunks, marshmallows, and nuts together. Before serving, add 3 Bananas (sliced) other canned fruits could be used.

RAW TURNIP SALAD

Marge Detmer

6 med. Turnips, raw
3 Red Radishes
1 Egg
1 tsp. Flour
½ c. Sugar
½ c. Vinegar
¼ c. Cream
¼ tsp. Salt
⅛ tsp. Pepper

Beat egg. Add vinegar, salt, pepper, sugar, and flour. Cook over medium heat until mixture thickens. Beat in cream. Cool. Wash, peel, and shred turnips. Pour dressing over shredded turnips and toss lightly. Garnish with red radishes. Servings: 6

ROMEN ORIENTAL SALAD

Delores Hauser

½ head of cabbage, chopped
1 bunch of fresh green onions, reserve some for top
1 box of frozen peas, uncooked
1 package of slivered almonds
½ C. sunflower seed
salt to taste
1 package Ramen noodles
2 T. sugar
¼ C. vinegar
¼ C. oil

SHOESTRING POTATO CHICKEN SALAD

Lorene Schartz

2 cups chopped cooked chicken
2 cups chopped celery
2 cups grated carrot
½ cup chopped green onion and tops
1 jar diced pimento
1 can (17-oz.) green peas, drained
½ cup slivered almonds
salt and pepper to taste
1 T. lemon juice
1 cup mayonnaise
2 cans (no. 2) shoestring potatoes

Mix all ingredients except the potatoes, cover and refrigerate several hours. Just before serving, toss in the shoestring potatoes and mix gently. Serves 10 to 12.

SLAW AND NOODLES

Elaine Schlochtermeier

½ cup slivered almonds or sunflower seeds
1 bunch green onions
1 large pkg. shredded coleslaw
2 pkgs. chicken-flavored Ramen noodles
2 tablespoons sugar
2 tablespoons vinegar
½ cup oil
Salt and pepper to taste

Cook noodles without seasoning packets. Let cool. Mix almonds or sunflowers, onions, and coleslaw. Combine remaining ingredients together along with the seasoning packets; chill. Pour this dressing mixture over coleslaw mixture right before serving.

SPAGHETTI SALAD

7th Grader Danielle Elliot

- 4 oz. spaghetti
- ¼ of a cucumber
- ½ of a carrot
- ¼ of a bell pepper
- ½ of a tomato
- ⅓ C. Italian dressing

Cook and drain spaghetti. Finely chop vegetables. Combine spaghetti, vegetables, and dressing. Mix together and serve.

STRAWBERRY PEAR GELATIN

Elaine Schlochtermeier

- 1 can- 29 oz. pears
- 1 package-6 oz. strawberry gelatin
- 1-package 8 oz. cream cheese, cubed
- 1 carton 8 oz. whipped topping

Drain pears, reserving juice. Chop pears and set aside. Add water to the juice to measure 3 cups. Place in a saucepan; bring to a boil. Transfer to a large bowl. Add gelatin and stir until dissolved. Whisk in cream cheese until smooth. Refrigerate until slightly thickened. Whisk in whipped topping until smooth. Add chopped pears. Transfer to a 13x 9 x 2 inch dish. Cover and refrigerate until firm.

STRAWBERRY-PINEAPPLE SALAD

Angie Hammeke

- 1 - 10 oz. pkg. Strawberries thawed and drained, reserve syrup
- 1 - 8¼ oz. can Crushed Pineapple drained, reserve juice
- 1 - 3 oz. pkg. softened Cream Cheese
- ¼ c. Sugar
- 1 c. Miniature Marshmallows
- 1 envelope Whipped Topping Mix, prepared as directed

Combine strawberry syrup and pineapple juice to make ⅔ cup mixed syrup. In mixing bowl combine softened cream cheese, sugar, and mixed syrup. Stir in drained fruit and marshmallows. Fold in whipped topping. Pour into 8 x 8 dish and freeze. Cut into squares to serve.

SUNGLOW SALAD

Jenny Kasselman

1 c. sugar
1 c. water
1 pkg. (3-oz.) lemon Jello
1 c. crushed pineapple, drained
1 8-oz. pkg. cream cheese
1 8-oz. carton Cool Whip
12 c. chopped nuts
2 drops yellow food coloring

Bring sugar and water to boil. Dissolve Jello in hot mixture. Chill to consistency of unbeaten egg whites. Add cream cheese and beat with mixer. Add pineapple and nuts. Fold in Cool Whip and yellow food coloring. Put in large glass bowl. Chill until firm. This makes a pretty salad. It's especially nice for church dinners or funeral dinners.

TEXAS SALAD

Betty LoBurgio

½ cup vinegar
1 cup sugar
1 cup water
2 T. mustard
salt & pepper
1 can niblet corn
1 can mushroom pieces
1 can bean sprouts
1 can small peas
1 can sliced water chestnuts
1 large green pepper - chopped
1 red pepper - chopped
1 purple onion - diced
1½ head cauliflower - chopped
1 cup celery - chopped
1 cup diced carrots

In sauce pan, mix vinegar, sugar, water, mustard, salt, and pepper. Heat and stir to dissolve sugar. Mix vegetables. Pour sauce over vegetables and refrigerate at least 4 hours. Great for potluck dinners.

WILD RICE AND MUSHROOM SOUP

Bertha Achatz

¼ c. Margarine
1 med. Onion
1 lb. Mushrooms, sliced
2 c. milk
6 c. cooked Chicken Broth
3 T. Sherry
½ c. Flour
½ c. Celery
½ tsp. salt
½ tsp. Paprika
½ tsp. Curry Powder
½ tsp. Dry Mustard
½ c. Wild Rice, cooked and drained

In a 2 quart pan, melt margarine. Sauté onion until golden brown. Add celery and mushrooms. Sauté 2 more minutes. Add 5 cups broth. Add

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cooked wild rice and spices. Simmer 5 minutes. In a small bowl, combine flour and rest of broth. Stir together until smooth. Blend into soup and simmer for 8-10 minutes. Stir in milk. Heat thoroughly before serving.

Vegetables

BARBECUE GREEN BEANS

Lori Thomas

4 slices of bacon (cut up)
1 onion -diced
3 cans green beans
¾ c. ketchup
½ c. brown sugar
1½ tsp. dry mustard
¼ tsp. liquid smoke

Brown bacon and onion in skillet-drain Add green beans drain the liquid (save ½ the liquid) Add ketchup brown sugar mustard liquid smoke and the bean juice that you saved mix together and bake for 1 hour at 350°.

CANDIED SWEET PICKLES

Viola Eggers

1 qt. Hamburger Dill Chips
2 c. Sugar
3 T. Cider Vinegar

Drain juice off of pickles in colander. Put ½ of pickles back in jar. Add sugar and vinegar. Shake ingredients till sugar is dissolving. Put remaining pickles in jar and keep shaking until sugar is dissolved. Ready to eat in two days.

CARROT CASSEROLE

Jalayne Ewing

2 pounds medium carrots, cooked and mashed
½ C. milk
½ C. sugar
⅓ C. butter, melted
2 eggs, beaten
1 t. vanilla

Topping:
⅔ C. packed brown sugar
⅓ C. flour
2 T. cold butter
⅔ C. chopped pecans
⅔ C. flaked coconut

(continued)

Combine carrots, milk, sugar, butter, eggs, and vanilla mix well. Place in a greased 1½ quart baking dish. Combine brown sugar and flour; cut in butter until crumbly. Stir in nuts and coconut. Sprinkle over carrot mixture. Bake uncovered, at 350° for 30 minutes or until heated through.Yield 6 to 8 servings.

CORN BREAD SOUFFLÉ

Rita Law

1 16 oz. can whole kernel corn with liquid
1 can cream style corn
2 eggs
1 cup sour cream
½ cup melted oleo
¼ tsp. salt and pepper
1 8½ box of corn muffin mix

Mix together the whole corn, cream corn, eggs, sour cream, oleo, salt, and pepper. Then add box of corn muffin mix. Bake in greased casserole dish at 350 degrees for 1 hour.

CREAM CORN

Karrie Hammeke

2 lbs. Frozen Corn
3 oz. Cream Cheese
2 T. Sugar
½ Stick Butter

Put everything except the corn in a crockpot. When it is melted add the corn. Cook for 3-4 hours on high.

CROCK-POT CORN

Darlene Stoss

20 oz. frozen corn
½ stick butter or margarine
1 8 oz. pkg. cream cheese
2 T. sugar
6 T. water

Put and mix in crock-pot. 4 hours on low or 2 hours on high. You may double the recipe if you like.

HOMINY GRITS SOUFFLÉ

Joyce Schulte

- 1½ C. corn grits
- 6 C. boiling water
- 1 lb. sharp cheddar
- 3 beaten eggs
- 1½ sticks oleo or butter
- 3 T. seasoned salt
- 3 T. regular salt
- Tabasco to taste

Cook grits in boiling water until done. Mix cheddar, eggs, oleo, seasoned salt, regular salt and Tabasco into grits. Place into 2-1½ quart casserole dishes that have been sprayed with Pam. Bake in 325° oven for 1 hour. Serves at least 12.

MACARONI AND CHEESE

4th grader Ethan Thomas

- 2 c. noodles
- 1 c. grated cheese
- ½ c. milk
- 1 egg

Cook noodles, drain water. Crack the egg over the noodles and stir well. Add milk and cheese to noodles and mix well. Pour into oven dish and bake for 25 minutes at a 325° oven.

MARSHMALLOW SWEET POTATOES

Evelyn Stegman

- ¼ C. butter, melted
- 1 large and 1 small can sweet potatoes
- 1 t. cinnamon
- ½ C. dark Karo syrup
- ¼ C. orange juice
- ¼ C. brown sugar
- ½ t. salt
- ¼ t. nutmeg
- 25 large marshmallows

Heat oven to 350°. Place sweet potatoes in 9 x 11 inch pan. Sprayed with Pam. Combine butter, juice, sugar, salt, and spices. Pour over sweet potatoes. Then pour Karo syrup over all. Top with marshmallows. Bake for 18 to 20 minutes until hot and marshmallows are lightly browned. Serves 8.

OVEN ROASTED POTATO WEDGES

Marilyn Reichuber

4 unpeeled baking potatoes - 2 lb.
2 T. olive or vegetable oil
1 medium onion, chopped
2 garlic cloves, minced
1 tsp. dried rosemary, crushed or thyme
½ tsp. salt
¼ tsp. pepper

Cut potatoes lengthwise into wedges. Place into a greased 13x 9 x 2 baking pan. Drizzle with oil. Sprinkle with onion, rosemary or thyme, salt and pepper, and garlic. Stir to coat. Bake uncovered at 400 degrees for 45-50 minutes or until tender, turning once. Serves 8.

PICKLED BEETS

Ruth Schlochtermeier

Beets
1 C. beet juice
1 C. sugar
1 C. vinegar
salt
2 or 3 sticks of cinnamon
whole cloves if desired

Cook beets in enough water to cover. Save juice. Peel and cut beets to bite size pieces. Mix: 1 C. beet juice,sugar,vinegar,salt,cinnamon,and cloves. Mix enough to cover beets. Boil, then add the beets and return to a boil- about 5 minutes. Put in clean jars and seal.

POTATO CASSEROLE

Diane Nemnich

4 oz. cream cheese, softened
4 oz. sour cream
1 can cream of celery soup
1 can cream of mushroom soup
3 T. dried onion flakes
3 T. dried green pepper flakes
1 tsp. celery salt
salt and pepper to taste
1 2 lb. pkg. frozen hash browns, thawed
paprika and sesame seeds

In a large bowl, combine cream cheese, sour cream, soups, onion flakes, green pepper flakes, celery salt, salt and pepper. Add hash browns. Spread into a greased 9 x 13 casserole. Sprinkle top with paprika and sesame seeds. Bake at 350* for 1 hour.

SCALLOPED POTATOES

Esther Thul

2 lb. frozen hash browns, thawed
1 tsp. salt
½ cup chopped onion
1 can cream of chicken soup
1 cup sour cream or 8 oz. container
2 cans cheddar cheese soup

Combine hash browns, salt, onion, chicken soup, sour cream, and cheese soup. Put in a buttered 3 qt. casserole. Combine 1 cup crumbs with ½ cup melted oleo. Put this on top of casserole. Bake at 350 degrees for 1 hour.

WEDDING POTATOES

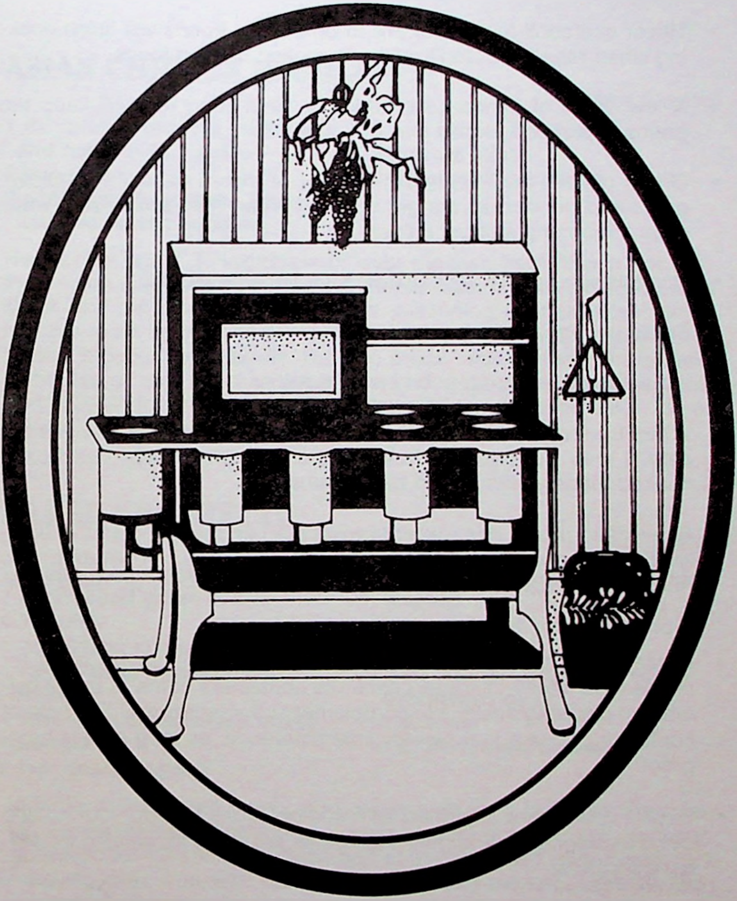
Monica Robl

2 lb. frozen hash browns
2 C. cheddar cheese
¼ C. chopped onion
1 C. milk
½ C. melted oleo
1 can cream of chicken soup
1 t. salt
1 C. sour cream

Mix together hash browns, cheese, onions. Mix well; then add milk, oleo, soup, salt, and sour cream. Pour into 9 x 13 inch pan and top with crushed potato chips. Bake in a 350° oven for 1 hour.

Recipe Favorites

Main Dishes & Casseroles



Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good stew thickener.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heatproof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.

Main Dishes & Casseroles

Main Dishes

ASIAN CHICKEN NOODLES

Marlene Clayton

1 lb. chicken breasts - deboned and cut into ¼ " strips
2 cup water
2 packages, 3 oz. each, chicken flavored ramen noodles
3 cup broccoli florets
2 carrots sliced
2 green onions, sliced

Heat skillet and 1 T. vegetable oil over medium heat. When hot, stir-fry chicken until cooked through, 5-10 minutes. Remove chicken from skillet and set aside. Mix water and seasoning packets from ramen noodles, pour into skillet, and bring to a boil. Add noodles, broken into pieces, broccoli, and carrots. Bring to a boil, reduce heat, and simmer 3 minutes or until noodles are tender and most of liquid is absorbed. Add chicken to noodle mixture and heat through. Sprinkle with green onions. Serves 6

BAKED SPAGHETTI

Ginger Thill

1 c. chopped onion
1 c. chopped green pepper
1 T. butter
1 can (28 oz's) diced tomatoes
1 can (4 oz's) mushrooms, drained
1 small can sliced black olives, drained
2 tsp. dried oregano
1 lb. ground beef, browned and drained
12 oz. spaghetti, cooked and drained
1 can condensed cream of mushroom soup
¼ c. water
¼ c. Parmesan cheese

In large skillet, sauté onion, and green pepper in butter until tender. Add tomatoes,mushrooms,olives,oregano and ground beef. Simmer, uncovered for 10 minutes. Place half of the spaghetti in greased 13"x 9" baking dish. Top with half of the vegetable mixture. Sprinkle with one cup of cheddar cheese. Repeat layers. Mix the soup and water

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until smooth; pour over the casserole. Sprinkle with Parmesan cheese. Bake, uncovered at 350° for 30 to 35 minutes or until heated through.

BARBEQUE BURGERS

Daughters of Isabella

25 lbs. hamburger meat - browned
1 cup onion - chopped in blender
⅓ cup green peppers - chopped
salt & pepper to taste
⅛ cup barbeque spice
⅛ cup hickory smoke
5 cup catsup
1 bottle chile sauce
⅛ bottle Worcestershire sauce
Horseradish to taste
⅓ tsp. cayenne pepper
¾ cup brown sugar
pickle relish
tomato juice

Mix browned hamburger, onion, green peppers, salt and pepper. Simmer slowly for an hour. Add barbeque spice, hickory smoke, catsup, chile sauce, Worcestershire sauce, horseradish, cayenne pepper, brown sugar, pickle relish and tomato juice. Simmer for a long time. This recipe was used at the D of I booth at the After Harvest Festival.

BEEF ENCHILADAS

Marilyn Reichuber

1 lb. ground beef
1 10 oz. can enchilada sauce
1 16 oz. can refried beans
8 oz. cheddar cheese, shredded
6-8 flour tortillas

Brown ground beef; drain. Mix enchilada sauce and refried beans in a sauce pan and heat. Stir until it is warm and smooth. Fill each tortilla with 1-2 T. ground beef, 1-2 T. enchilada sauce refried bean mixture and 1 T. cheddar cheese. Roll up and place in baking pan. Pour remaining enchilada sauce refried bean mixture over tortillas. Top with remaining cheddar cheese. Bake in 350 degrees oven for 20 - 30 minutes. Serves 4

BEEF FAJITAS

Marilyn Schartz

- 1 package tenderized round steak, cut into pieces
- ¼ C. soy sauce
- ¼ C. oil
- ½ t. ginger
- 1 clove garlic
- 6-tortillas

Combine steak, soy sauce, oil ginger, and garlic in electric skillet or wok. Brown meat, simmer until tender. Warm tortillas, Serve with picante sauce, sour cream, lettuce, tomatoes, cheese, and black olives.

BIEROCKS

Sister Francella Bahr

- Frozen rolls
- 1 lb. ground beef
- 1 lb. shredded cabbage
- ½ C. chopped onion
- 1 t. salt
- 1 t. pepper
- 1 T. mustard
- ¼ C. shredded cheese

For Dough: Let rolls rise according to package directions, put two rolls together one on top of another, and press together until round and flat enough area to put meat mixture in. For meat mixture: Brown meat and onion; drain and add cabbage, salt, pepper, and mustard. Cook 5 minutes then add cheese. Spoon ⅓ C. onto the dough and pull dough together and pinch shut. Bake with pinched side down at 375° for 20 minutes.

BLUEBERRY FRENCH TOAST

Lori Thomas

- 12 slices day-old white bread, crusts removed
- 2 packages of 8 oz. cream cheese
- 1 c. fresh or frozen blueberries
- 12 eggs
- 2 c. milk
- ⅓ c. maple syrup or honey

(Sauce)

- 1 c. sugar
- 2 T. cornstarch
- 1 c. water
- 1 c. fresh or frozen blueberries
- 1 T. butter

Cut bread into 1 inch cubes; place ½ in a greased 13x 9 x 2 baking dish. Cut cream cheese into 1 inch cubes; place over bread. Top with blueberries and remaining bread. In large bowl, beat eggs. Add milk

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and syrup and mix well. Pour over bread mixture. Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking. Cover and bake at 350° for 30 minutes. Uncover and bake for 25 to 30 minutes or until golden brown and center is set. In sauce pan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries and reduce heat. Simmer for 8 to 10 minutes or until blueberries have burst. Stir in butter until melted. Serve over French Toast.

BREAKFAST CREPE CUPS

Susan Curtiss

Crepes:
1½ C. milk
1¼ C. flour
2 T. sugar
3 eggs
2 T. melted butter
dash salt
Filling:
9 eggs
¼ C. milk
½ t. salt
¼ t. pepper
6 slices cooked bacon drained and crumbled
1 C. shredded cheese
sour cream
snipped parsley or chives

CREPES: In bowl combine milk, flour, sugar, eggs, butter and salt. Beat with mixer until well blended. Heat a lightly greased skillet. Remove from heat. Spoon in 2 T. of the batter. Tilt skillet to spread batter. Return to heat. Brown on one side only. Invert over paper towels. Makes 22 crepes. Generously spray 12 muffin cups with non stick coating. Fit crepes into cups, carefully ruffling the edges of the crepes. FILLING: Beat together eggs, milk, salt and pepper. Spoon bacon into bottom of crepe cups. Ladle egg mixture over bacon. Sprinkle with cheese. Tent foil over muffin cups to prevent over browning. Bake in a 375° oven for 25 to 30 minutes or til eggs are set. With spoon carefully remove crepe cups. Top with a dollop of sour cream and chopped parsley or chives. Makes 12.

BREAKFAST PIZZA

Evelyn Klepper

1 lb. bulk Pork Sausage
1 c. frozen Hash browns
5 Eggs
½ tsp. Salt
2 T. grated Parmesan Cheese
1 pkg. Crescent Rolls (8)
1 c. Shredded Cheddar Cheese
¼ c. Milk
⅛ tsp. Pepper

Brown sausage, drain. Separate rolls into 8 triangles. Place on ungreased 12 inch pizza pan with points toward center. Press over bottom and up sides to form a crust, seal perforations. Spoon sausage over crust, sprinkle with potatoes. Top with cheese. Beat eggs, milk, salt, and pepper together. Pour over other ingredients. Sprinkle with Parmesan cheese and bake at 370° for 25 to 30 minutes.

BUBBLE PIZZA

Jamie Komarek

1½ lbs. ground beef
1-15 oz. can of pizza sauce
2-12 oz. tubes of refrigerated biscuits
1½ c. 6 oz. shredded mozzarella cheese
1 c. 4 oz. shredded cheddar cheese

In a skillet, brown the beef; drain. Stir in pizza sauce. Quarter biscuits; place in a greased 13x 9 x 2 baking dish. Top with beef mixture. Bake uncovered at 400° for 20 to 25 minutes. Sprinkle with cheeses. Bake 5-10 minutes longer or until cheese is melted. Let stand for 5 to 10 minutes before serving. 6

BUBBLE PIZZA

Jalayne Ewing

1 lb. ground beef or ground turkey
¼ C. chopped onion
2-10 count packages biscuits
1-14 oz. jar pizza sauce or spaghetti sauce
2 C. grated mozzarella cheese
1 C. grated cheddar cheese

Preheat oven to 400°. Brown beef or turkey with onion in skillet, stirring until crumbly, drain. Cut individual biscuits into fourths. Combine biscuits and ground beef or turkey with pizza sauce in large bowl. Place in 9 x 13 inch baking pan. Bake for 10 minutes or until cheese is melted. You may add your favorite pizza toppings to your taste.

CHEESE ENCHILADAS

Joanie Wise

1 doz. Flour Tortillas
1 - 4 oz. can diced Green Chilies
3 c. shredded Cheddar Cheese
½ c. diced Onion
1 can Cream of Celery Soup
1 can Cream of Mushroom Soup
1 c. Sour Cream

Place the green chilies, onion, and cheese evenly divided on the tortillas. Roll up and put in greased baking dish. Mix the soups with sour cream and spread over rolled enchiladas. Bake 30 to 40 minutes at 350°.

CHICKEN CURRY

Eileen Huslig

3 Tbs. oleo
1 small onion, chopped
1½ tsp. curry powder
3 Tbs. flour
¾ tsp. salt
1 c. chicken broth or bullion
1 c. milk
2 c. diced cooked chicken
½ tsp. lemon juice
4 c. cooked rice

Melt oleo. Add onion and curry. Blend in flour and salt. Add broth and milk. Bring to boil stirring constantly. Add chicken and lemon juice. Spoon over rice.

CHILI

Susan Stephany

2 lb. ground chuck
½ large onion-chopped
1½ t. chili powder
1½ t. garlic salt
½ t. ground oregano
½ t. cumin seed
2-cans Hunts Special tomato sauce
2-cans hot water
1-can chili beans
1-can kidney beans

Brown meat, onion, and garlic salt. Add chili powder, oregano, cumin, tomato sauce and hot water. Mix well and add beans. Simmer 3 hours. Eat up!

CORN CASSEROLE

Un Known

1 can whole kernel corn do not drain
1 C. cream style corn
1 C. macaroni- uncooked
½ lb. cubed Velveeta cheese
1 tube Ritz crackers- crushed
3 T. butter

In a 9 x 9 baking dish; combine the corns, macaroni and cheese. Top with crushed crackers and pat with butter. Bake at 350° until macaroni is tender. Roughly 30 minutes.

COUNTRY CHICKEN BAKE

Ruth Hill

3 deboned chicken breasts
1 cup uncooked rice
1 cup chopped celery
¾ cup chopped onion
salt & pepper to taste
2 tsp. Parsley flakes
1 can mushroom soup
¾ cup mayonnaise
1¼ cup water

Put rice in bottom of 9 x 13 pan or baking dish. Add chopped celery and onions. Add salt and pepper. Mix together soup, parsley, mayonnaise, and water. Pour ½ of soup mixture over rice and vegetables. Lay chicken breasts on top and pour remaining soup mixture over all. Bake at 350 degrees for 1¼ hour.

CROCK POT HAM AND SCALLOPED POTATOES

Jenny Kasselman

6 to 8 slices of ham
2 onions
1 C. grated cheddar cheese
paprika
10 potatoes peeled and sliced
salt and pepper
1-10 oz. can cream of celery or cream of mushroom soup

Put half of the ham, potatoes, and onion in crock pot; sprinkle with salt and pepper then cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low for 8 to 10 hours. High for 4 hours.

EASY BURRITOS

Esther Thul

1 lb. Ground Beef (Season)
1 can of Refried Beans
1 cup Picante Sauce
10 Flour Shells (Lg.)
Shredded Cheese

Cook Beef. Drain. Mix Beef, Beans, Picante Sauce then fill shells and add Cheese. Double amount of ingredients for fuller Burritos. Heat in Microwave to serve.

ENCHILADAS

Marcella Birzer

2 c. cooked ground beef
1½ c. grated cheddar cheese, divided usage
½ c. chopped onion
1 can (10 oz.) Old El Paso mild enchilada sauce
10 flour tortillas
Salsa

Brown meat and onion. Drain. Add ½ c. grated cheese. Mix and set aside. Put sauce in pan and put oil in skillet. Dip tortillas in hot oil for a few seconds on each side. Dip tortillas in enchilada sauce and put on a cookie sheet. Put meat mixture on each tortilla and roll up. Place seam side down in a 12 x 8 inch baking dish. Top with remaining cheese. Heat in 350° oven for 5-10 minutes until cheese is melted. Add salsa.

FARMHOUSE BARBECUE MUFFINS

Shelly Broce

1-10 oz. tube buttermilk biscuits
1 lb. ground beef
1/2 cup ketchup
3 Tbs. brown sugar
1 Tbs. cider vinegar
1/2 tsp. chili powder
1 cup shredded cheddar cheese

Separate dough into 10 biscuits flatten into 5 inch circles. Press each circle into the bottom and up the side of a greased muffin cup, set aside. Brown the ground beef and drain the grease In a small bowl mix ketchup, brown sugar, vinegar and chili powder. Stir until smooth. Add to meat and mix well. Divide the meat mixture among biscuit lined muffins cups. Sprinkle with cheese. Bake at 375 for 18 to 20 minutes. Cool for 5 minutes before removing from tin and serve.

HAMBURGER LOAF

Yvonne Strecker

1 lb. hamburger
1 loaf fresh bread
1 can cream of chicken soup
1 can cream of celery soup
6 to 8 slices of cheese
salt, pepper, garlic

Cut off the top of loaf. Clean out center of bread tearing into small pieces. Save. Brown hamburger, adding seasonings and soups. Add bread pieces. Layer half of cheese in bottom of loaf spoon in hamburger mixture. Top with more cheese. Put top of loaf back on, wrap in aluminum foil and bake at 350 for 30 minutes.

HAMBURGER MUFFIN CUPS

8th grader Lisa Nemnich

1 lb. hamburger
Salt and pepper to taste
1 Can refrigerated biscuits
Ketchup
Mustard
2 Slices of American cheese
(Can use barbeque or pizza sauce instead of ketchup or mustard.)

Fry hamburger with salt and pepper and drain. Add enough ketchup and mustard to make moist. Flatten biscuits and place in greased muffin tin. Spoon some meat on each biscuit and top with ¼ slice of cheese. Bake according to biscuit package. Makes 8 muffin cups.

LASAGNE

Jolene Snell

1 pound pork sausage browned and drained
1 pound hamburger browned and drained
1 clove garlic
1 Tbs. basil
1½ tea salt
2 cups canned tomatoes
12 oz. of tomato paste
1 tsp. oregano
1 tsp. Italian seasoning
Cheese Filling
2 beaten eggs
3 Tbs. parsley flakes
3 cups cottage cheese
2 tsp. salt
½ tsp. pepper
1½ tsp. Italian seasoning

To the browned and drained meats add the garlic, basil, salt, canned tomatoes, tomato paste, oregano and seasoning simmer for approx. 30

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minutes. Boil 10 oz. of noodles with 1 tsp. oil. Mix all cheese filling ingredients till well blended. Layer noodles, meat sauce, and cheese filling and ½ mozzarella. Layer again. Bake at 350 degrees for 30 minutes and let set 10 minutes before serving.

MEXICALI MEAT

Karen Kramp

1-3 lb. boneless pork roast well trimmed of fat
1 lb. dried pinto beans, sorted and washed - do not pre soak
4 c. water
3 lg. cloves of garlic, minced
2 T. ground cumin
2 T. chili powder
5 t. dried oregano
1 t. ground coriander
½ - 1 t. cayenne pepper
1 - 28 oz. can tomatoes with juice
1-7 oz. can diced green chilies, drained
1 T. salt
½ t. black pepper
flour tortillas, warmed

Condiments: grated cheese, chopped onion, olives, salsa, sour cream, gaucamole, chopped lettuce and tomatoes. Preheat oven to 250°. Place roast in a large Dutch oven, add beans, water, garlic, cumin, chili powder, oregano, ground coriander, cayenne pepper, tomatoes with juice, green chilies, salt and pepper, stir to mix well. Cover and bake for 7 to 8 hours or until beans are tender. Check the roast from time to time, adding more water if mixture gets too dry. Meat Filling: When done, remove meat from the pan and shred into bite-sized pieces. Return meat to the pan with the remainder ingredients in pan. Stir well. Should be the consistency of chili and beans. Allow to stand before serving, correct seasoning to suit the taste. To assemble, place meat filling on a warm tortilla, top with condiments of your choice, fold edges and roll.

MICROWAVE SWISS STEAK SPECIAL

Mary Liebl

1½ lb. round steak, cut into serving size pieces
1-16 oz. can diced or stewed tomatoes
1-8 oz. can tomato sauce
1-envelope onion soup mix
1/4 t. garlic powder
6 oz. grated mozzarella cheese

In oblong glass baking dish arrange meat. Heat covered with plastic wrap 4 to 5 minutes on high setting. Add tomatoes, tomato sauce, soup mix, and garlic powder. Microwave on low heat covered for 40 to 45

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minutes til tender. Top with cheese and let stand 10 minutes before serving.

PECAN WAFFLES WITH STRAWBERRIES

Mary Liebl

1¼ C. milk
3 eggs, separated
½ C. butter
1½ C. flour
2 t. baking powder
1 T. sugar
¼ t. salt
½ C. chopped pecans
sliced strawberries
whipped cream

Combine milk, egg yolks, and butter; mix well. Combine flour, baking powder, sugar, salt, and pecans. Add liquid mixture to this and mix quickly. Do not over mix; batter will be lumpy. Whip the egg whites to stiff peaks and fold into the batter. Cook in preheated waffle iron. Serve hot with strawberries and whipped cream.

PIZZA WICHES

2nd Grader Madalyn Gotschall

8-slices of bread
1/2 C. pizza sauce
4 slices salami
4 slices process American cheese
butter or margarine

Spread pizza sauce on one side of each bread slice. Top four with a slice of salami and a slice of cheese. Butter top and bottom of sandwiches grill until cheese is melted and bread is toasted.

PORCUPINE MEATBALLS

Darlene Stoss

1½ lbs. Ground Beef
½ c. milk
¾ c. rice
3 T. chopped onions
2 tsp. salt
¼ tsp. pepper
1 sm. can tomato sauce
1 lg. can tomato sauce
¼ c. Worcestershire sauce

Mix meat, salt, pepper, milk, rice, onion, and small can tomato sauce. Shape into Balls. Mix large can of tomato sauce with Worcestershire sauce and pour over meatballs. Bake at 375° for 1 hour. May substitute

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bread crumbs or cracker crumbs for rice. You can put stuffing in peppers for stuffed peppers.

PORK CHOP AND POTATO BAKE

Delores Hauser

6 pork chops
vegetable oil
salt& pepper to taste
1 can cream of mushroom soup
1 C. shredded cheddar cheese
½ C. milk
½ C. sour cream
1 package-24 oz. hash browns thawed
1 can French fried onions

Brown pork chops in lightly greased skillet. Combine soup, milk, sour cream, pepper & salt. Stir in potatoes, 1/2 C. cheese, and ½ can French onions. Pour into 9 x 13 inch baking dish. Arrange chops over potatoes and bake covered in a 350° oven for 40 minutes. Top with remaining cheese and onions. Bake uncovered 5 to 10 minutes longer. Serves 6.

PORK CHOP ONION- RICE BAKE

Sister Francella Bahr

6 pork chops
1 C. uncooked rice
1 envelope Lipton onion soup mix
1 can 4 oz. sliced mushrooms (optional)
2 T. diced pimiento
Hot water

Brown chops. Spread rice in bottom of baking dish 9 x 2 x 13½-inch pan. Reserve 1 T. of seasoning from envelope of onion soup mix and sprinkle remaining seasonings and bits of onion over rice. Drain mushrooms, reserving liquid, distribute mushrooms and pimiento over rice. Add hot water to reserved mushroom liquid to total 3 cups liquid and pour over rice. Arrange browned chops on top of rice mixture and sprinkle with remaining seasonings. Cover tightly with foil and bake 45 minutes in 350° oven. Remove foil continue cooking for 10 minutes longer, or until any excess liquids evaporate. 6 servings.

SAUSAGE AND ASPARAGUS SUPPER

Karen Kramp

1 lb. Polish, Italian or Pork Sausage
1 lb. fresh asparagus
4 medium potatoes
1 medium onion, sliced
1-16 oz. can stewed tomatoes
½ c. seasoned croutons

Remove casings from sausage, cut into bite sized pieces. Sauté until browned; drain fat. Clean and cut asparagus into pieces. Pare and slice potatoes ¼ inch thick. Add asparagus, potatoes, onion and tomatoes to sausage. Cover and simmer until vegetables are tender, about 20 to 30 minutes. Do not stir during cooking time. Sprinkle croutons over vegetables: cover and heat 5 minutes more. Yield: 4 servings.

SKILLET TOMATO BEEF PASTA

Ruth Hill

6 oz. uncooked pasta, spiral or macaroni
1 lb. ground beef or turkey
1 medium onion, chopped
1 14.5 oz. can French style beans, drained
1 14.5 oz. can diced tomatoes with liquid

Cook pasta according to directions, drain well. Brown beef and onion in large skillet, drain. Add beans and tomatoes and mix well. Add pasta and heat through. Season to taste with salt and pepper. Garnish with parsley and serve with Parmesan cheese if desired.

SLOPPY JOES

Darlene Stoss

1½ lb. ground beef
¾ c. ketchup
1/4 c. onion
1 tsp. chili powder
1 tsp. mustard
2 T. flour
1 or 2 T. sugar
½ c. water

Brown beef and onion, drain. Add ketchup, chili powder, mustard, flour, sugar, and water in bowl and mix well. Then add to the beef mixture. Simmer for 30 minutes serve on buns.

SOUR CREAM ENCHILADAS

Diane Nemnich

1½ lbs. hamburger
1 sm. onion, diced
1 sm. can green chilies, chopped, drained
16 oz. sour cream
1 can cream of mushroom soup
16 oz. sharp cheddar cheese, grated
10 lg. flour tortillas

Brown hamburger and onion, drain. Add ½ can of chilies. Set aside. Grease a 9 x 13 pan. In a large bowl, combine sour cream, soup and ½ can chilies. Spread a small amount of the mixture in the pan. Fill each tortilla with large amounts of meat and cheese. Roll tightly and place in pan. Spread remaining sour cream mixture over filled tortillas. Top with any remaining meat. Cover with grated cheese. Bake at 350* for 30-45 minutes or until cheese and sour cream mixture is hot and bubbly.

SPAGHETTI PIE

Marilyn Reichuber

8 oz. spaghetti
2 T. margarine
2 eggs, beaten
½ cup Parmesans cheese
1½ - 2 cup cottage cheese
1½ lb. ground beef
½ cup chopped onion
¼ cup chopped sweet red pepper
1 can, 15 oz., diced tomatoes
1 small can tomato paste
1 tsp. sugar
1 tsp. dried oregano
½ tsp. garlic salt
½ cup shredder mozzarella cheese

Cook spaghetti according to directions; drain and place in a bowl. Add margarine, eggs, and Parmesans cheese; mix well. Spread over bottom and sides of 2 deep dish 9 inch pie plates. Spoon cottage cheese into the spaghetti crust; set aside. In a skillet brown beef, onion, and pepper; drain. Stir in tomatoes, tomato paste, sugar, oregano, and garlic salt. Spoon over cottage cheese. Bake uncovered at 350 degrees for 20 minutes. Sprinkle mozzarella cheese over pies. Return to oven for 5-10 minutes or until cheese is melted. Cut into wedges. Serves 6. If in a hurry, you can use Prego Spaghetti Sauce instead of making the sauce as stated above.

TACO PIE

Janice Birzer

1 - 1 oz. can Crescent Rolls
1½ to 2 c. Crushed Corn chips
1 lb. Ground beef
1 pkg. Taco Seasoning
1 c. Sour Cream
4 oz. Grated Cheddar Cheese

Brown hamburger, stir in taco mix and cook for 5 minutes. Line greased 9 x 10 pie pan with crescent rolls, press together to form crust. Sprinkle 1 cup crushed corn chips over crust. Spoon beef over chips. Spread sour cream over beef mixture. Sprinkle with cheese, then remaining chips. Bake 15 - 25 minutes in 400° oven.

Casseroles

BEEF AND VEGETABLE LOAVES

Lorraine Rickert

1½ lb. ground beef
1 cup grated carrots
½ cup fresh bread crumbs
¼ cup minced onion
¼ cup chopped celery
2 T. chopped green pepper
2, 8 oz., cans tomato sauce
1 package dehydrated gravy mix
½ cup water
1 egg
⅛ tsp. pepper 1 tsp. salt

Combine ground beef, carrots, bread crumbs, onion, celery. 1 can tomato sauce, egg, pepper, and salt. Form into 6 loaves. Place in shallow baking dish. Bake at 350 degrees for 20 minutes. Remove excess fat. Combine gravy mix, remaining, 1 can tomato sauce and water. Pour over loaves. Bake for 15 minutes longer. Serves 4 to 6.

BIEROCK CASSEROLE

Esther Thul

2 lbs. ground beef
½ head cabbage, chopped
1 can cream of mushroom soup
3 cans crescent rolls
½ lb. shredded cheese

Brown and drain ground beef, then add wilt cabbage with ground beef. Add salt and pepper to taste, add cream of mushroom soup, mix well; set aside. Line bottom of a 9 x 13 inch pan with 1½ packages of

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crescents to form a bottom crust. Then add the hamburger filling top with the shredded cheese, then the other 1½ packages of crescent rolls to make top crust. Bake uncovered for 30 minutes at 350°.

BIEROCK CASSEROLE CABBAGE ROLL

Shelly Broce

2 lbs. Ground Beef
½ head cabbage chopped
1 can cream of mushroom soup
3 cans crescent rolls
½ lb. shredded cheese

Brown and drain grease off the ground beef. Wilt the cabbage with the beef. Add salt and pepper to taste, then the cream of mushroom soup mix well set aside. Line a 9 by 13 inch pan with 1½ of crescent rolls. Add the hamburger filling top with the cheese and other crescent rolls. Bake uncovered for 30 minutes at 350.

BROCCOLI CASSEROLE

Frances Reichuber

½ small onion chopped
2 Tb. butter or margarine
1 can cream of chicken soup or mushroom soup
½ cup milk
1 8 oz. far Cheez Whiz - soft
1 can water chestnuts, sliced, or ¼ cup celery
1½ cups minute rice - uncooked
2 boxes frozen broccoli thawed and chopped

Sauté onion in butter. Mix together onion, soup, milk, Cheez Whiz, water chestnuts, rice, and broccoli. Pour in buttered baking dish. Bake in 350 degree oven for ½ hour or longer.

BROCCOLI RICE CASSEROLE

Anna Mae Carey

2 tb sp. salad oil
½ cup chopped onion
½ cup chopped celery
1 pkg. frozen chopped broccoli
1 can cream of chicken soup
¾ soup can of milk
1 cup water
1 small jar of cheese spread
1 cup instant rice
½ tsp. salt

Sauté onion and celery in salad oil; add thawed broccoli, cover and let steam 10 minutes over low heat. Add soup, milk, water, cheese, salt,

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and rice. Heat to boiling; pour into buttered casserole dish. Bake at 350 degrees for 20 to 30 minutes.

CHICKEN AND RICE CASSEROLE

Lois Hammer

2 C. cooked rice or 1 C. uncooked Minute Brand Rice
1 large can chunked chicken
1 can cream of mushroom soup
¼ C. margarine, melted
½ C. grated cheese
cooking spray

Coat a casserole dish with the cooking spray. Mix the rice,chicken,soup,margarine,and cheese; then bake at 350° for 30 minutes. Stir after 15 minutes cooking. Cooked rice will take longer than Minute Brand Rice to bake; allow at least 45 minutes for cooked rice.

CHICKEN BROCCOLI CASSEROLE

Patricia Shields

4 chicken breasts - cooked and cubed
1½ cups chicken broth
2 cups regular rice
1 large bag frozen broccoli
2 cans cream of chicken soup
1½ cups grated cheddar cheese

Mix together chicken, broth, rice, broccoli, soup and cheese. Bake in 9 x 13 pan at 350 degrees for 1 hour.

CHICKEN CASSEROLE

Karrie Hammeke

2 c. Cooked Cubed Chicken
2 cans Cream of Celery Soup
¼ tsp. Onion powder
¾ lb. Grated Cheddar Cheese
¼ tsp. Salt
2 c. uncooked Elbow Macaroni
1¾ c. Chicken Broth
1 pkg. Frozen Corn

Combine all ingredients and place in a greased 9 x 13 pan. Chill over night. Bake in 350° oven for 1 hour.

CHICKEN CASSEROLE

Jean Miller

4 cups diced chicken or more
4 cups chicken broth
1½ cups diced celery
1½ cups diced cheese
1 medium onion diced or chopped
2 eggs
1 can mushroom soup
4 cups Ritz cracker crumbs, split
½ or 1 tsp. salt
¼ tsp. pepper

Combine chicken, broth, celery, cheese, onion, eggs, soup, salt, pepper, and 3 cups cracker crumbs. Pour into casserole dish. Sprinkle remaining cup of cracker crumbs on top. Bake for 1 hour or more in 350 degree oven. May freeze and bake later. I have used 1½ tsp. instant onion put in 1 clove garlic and added to mixture.

CHICKEN CASSEROLE

Rita Law

2 large fryer chickens, cooked, diced, and save broth
1 onion, diced
1½ cup celery diced
1½ cup cheese - Velveeta
½ tsp. salt
½ tsp. pepper
1 box Ritz crackers, rolled
3 eggs
2 can mushroom soup, 10¾ oz.

Mix chicken, onion, celery, cheese, salt, pepper, crackers, eggs, and soup. Add 3-4 cups broth or more and make it the consistency of dressing. Don't make it runny. Pour into greased large 9 x 13 baking pan. Bake at 350 degrees until cheese is melted and browned. Approximately 45 minutes.

CHICKEN SALAD AND ASPARAGUS

Rita Law

1 package Kebblers wheat crackers or 2½ cups
2 10½ oz. cans of cream of chicken soup
½ cup mayonnaise
1 can asparagus spears
1 8 oz. can water chestnuts, drained
2 2½ oz. jars mushrooms, drained
1½ cup diced chicken or one 3 lb. chicken

Mix ¼ cup melted oleo with 2¼ crackers and put in a 9 x 13 pan. Save remaining ¼ cup crackers for top. In a bowl mix soup, mayonnaise,

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water chestnuts, mushrooms, and chicken. In 9 x 13 pan, place asparagus of top of crumbs. Then place chicken mixture on top of asparagus. Top with remaining ¼ cup of crumbs. Bake at 350 degree until hot.

CHICKEN TETRAZZINE

Phillys Bartels

4 cup cooked chicken
½ cup butter
6 Tb. flour
¼ tsp. garlic powder
½ tsp. salt
½ tsp. pepper
¼ lb. cheese
2 cup milk
4 oz. can pimento
1 can mushroom soup
green pepper, chopped
4 oz. can mushrooms
4 oz. package spaghetti, cooked

Cook together cooked chicken, butter, flour, garlic powder, salt, pepper, milk, and mushroom soup. Then add 4 oz. can pimento, 4 oz. can mushrooms and green pepper. Combine with cooked spaghetti. Put into greased baking dish. Add cheese. Bake at 375 degrees for 30 minutes.

CHICKEN TETRAZZINI

Diane Nemnich

1 stick margarine, melted
1 can cream of mushroom soup
1 can cream of chicken soup
12 oz. sour cream
1 sm. can mushrooms, sliced and drained
2-6 oz. cans of chicken or 4 breasts boiled, diced
1 C. mozzarella cheese
¼ lb. spaghetti, boiled

In a large bowl, combine margarine, soups, sour cream, mushrooms, chicken, and ¾ c. mozzarella cheese. Add spaghetti. Pour this into a greased 3 qt. casserole. Sprinkle ¼ c. mozzarella on top. Bake at 350° for 30 to 45 minutes, or until hot and bubbly.

COWBOY CASSEROLE

Yvonne Strecker

- 1 lb. ground beef
- 1 small onion
- 1 tsp. chile powder
- ½ tsp. seasoned salt
- 1 tsp. garlic powder
- 1 can mushroom soup
- 1 can tomato soup
- 8 oz. cooked spaghetti
- 14 oz. grated longhorn cheese

Brown beef and onion. Add seasonings, drain. Add soups to meat. Add spaghetti and half of the cheese. Put in casserole dish. Put remaining cheese on top and bake at 350 for 20 minutes. Serves 6 to 8 people.

EASY CASSEROLE

Gloria Robins

- 2 lbs. ground beef
- 1 green pepper - cut up
- ½ chopped onion.
- 1 can corn
- 1 can tomato sauce
- Grated cheese

Mix together hamburger, green pepper, and onion. Brown and drain. Put into 2 quart casserole dish. Add corn and tomato sauce. Mix. Bake at 350 degrees for 30 minutes or until bubbly. Top with grated cheese about the last 10 minutes until cheese melts. Good served with corn chips.

FIRECRACKER CASSEROLE

Lori Hammeke

- 2 lb. ground beef
- 1 medium onion, chopped
- 1 can black beans
- 1 to 2 T. chili powder
- 2 to 3 t. ground cumin
- ½ t. salt
- 4 flour tortillas (7 inches)
- 1 can condensed cream of mushroom soup
- 1 can diced tomatoes and green chilies, undrained
- 1 cup shredded cheddar cheese

In a skillet, cook the beef and onion until the meat is no longer pink; drain and add beans, chili powder, cumin, and salt. Transfer to a greased 13 by 9 inch by 2 inch baking dish. Arrange tortillas over the top. Combine soup and tomatoes; pour over the tortillas. Sprinkle with cheese. Bake, uncovered, at 350 degrees for 25 to 30 minutes or until heated through. Yield; 8 servings

HAM AND CHEESE DELIGHT

Cecelia Huschka

½ cup onion - chopped
1 T. oleo
2 cups cooked ham - finely chopped
2 eggs beaten
1 cup shredded cheese
1 cup crackers - 18 finely crushed
1½ cup milk
dash of pepper

Cook onion in oleo until tender - not brown. Combine ham, beaten eggs, cheese, crackers milk, and pepper. Mix well and pour baking dish 10 by 12 by 2. Bake at 350 degrees for 45 minutes. You may prepare this dish in the morning, place it in refrigerator, and bake for supper.

HAMBURGER CASSEROLE

Clara Werner

2 lbs. Hamburger, browned and drained
1 pkg. Dry Onion Soup
1 can Mushroom soup
Tater Tots
Shredded Cheddar Cheese

Mix hamburger, dry onion soup, and mushroom soup together. Put in a baking dish and cover with Tater Tots. Sprinkle cheese over top. Bake in 350° oven for 30 minutes.

HASH BROWN AND HAM CASSEROLE

Viola Eggers

1 - 16 oz. carton Sour Cream
1 - 10¾ oz. Cream of Chicken Soup
1 - 32 oz. pkg. frozen loose-pack Hash Browns
2 c. cooked, cubed Ham
8 oz. American cheese, cut in cubes
¼ c. chopped Onion
2 c. crushed Cornflakes (4 c. before crushing)
½ c. Oleo, melted
1 c. shredded Mozzarella Cheese

In large bowl, combine sour cream and cream of chicken soup. Stir in frozen potatoes, ham, American cheese, and onion. Transfer mixture to 9 x 13 x 2 inch baking dish. Combine crushed cornflakes and butter. Sprinkle over potato mixture. Bake at 350° for 30 minutes. Sprinkle with mozzarella cheese. Bake 20-25 minutes. Makes: 8-10 servings.

HASH BROWN QUICHE

Kim Morgenstern

3 C. frozen shredded hash browns, thawed
⅓ C. butter or margarine, melted
1 C. diced ham
1 C. shredded cheddar cheese
¼ C. diced green pepper
2 eggs
½ C. milk
½ t. salt
¼ t. pepper

Press hash browns between paper towels to remove moisture. Press into bottom and sides of ungreased 9 inch pie plate. Drizzle with butter. Bake at 425° for 25 minutes. Combine ham, cheese, and green pepper; spoon over crust. Beat eggs, milk, salt, and pepper; pour over all. Reduce heat to 350° and bake for 25 to 30 minutes or until knife inserted into center comes out clean. Let stand 10 minutes before cutting. Serves 6. Can bake crust night before to save time in morning.

HE-MAN CASSEROLE

Ester Thul

2 C. sliced potatoes
2 C. sliced carrots
1 C. chopped celery
1 lb. hamburger
½ C. chopped onion
1 t. salt
⅛ t. pepper
1 can tomato soup
½ C. water
2 T. butter

Slice potatoes into large pan cold water, let stand while preparing other ingredients. Drain potatoes, mix in carrots, celery, and onion. Crumble ½ hamburger into well buttered 2 quart casserole dish. Add ½ mixed vegetables. Repeat layers, salt and pepper each layer. Mix soup and water together. Pour over top. Dot with butter. Cover and bake at 350° for 2 hours.

HUNGARIAN CABBAGE ROLL

Mary Jo Cunningham

1 large head of cabbage
¾ cup minute rice
1 medium onion diced
1 16 oz. can sauerkraut
½ tsp. pepper
2 lb. lean ground beef
⅛ tsp. garlic
2 eggs
1 tsp. salt
2 quarts tomato juice

(continued)

Cut core out of cabbage. Put core side down in large pan of hot water. Cook 15 - 20 minutes until leaves peel off. Remove leaves and cut out heavy veins. Mix together rice, onion, beef, garlic, eggs, salt and pepper. Put 1 or 1½ T. in each leaf. Roll up and fold in ends. Place in casserole dish. Sprinkle kraut on top. Make another layer of rolls and then layer of kraut. Pour tomato juice over all. Bake at 350 degrees for 1½ hours. Can be frozen and reheated

LASAGNE

Joy Wilson

3-3½ lbs. hamburger
Italian style spaghetti sauce mix
2-12 oz. can of tomato paste
3-4 cans of water
2 large cartons of cottage cheese
3 large packages mozzarella cheese
½ can parsley flakes
2 boxes of lasagne noodles-cooked

Brown hamburger and drain; add spaghetti sauce, tomato paste, and water; cook down. In large bowl mix together cottage cheese, mozzarella cheese, and parsley flakes; set aside. Cook noodles and drain. Grease a 9 x 12 pan layer noodles then hamburger mixture, then cheese mixture. Make another layer til all mixtures are used up. Bake in a 325° oven for 1 hour. Let set for 10 minutes before serving.

MEXICALI MEAT

Jamie Komarek

1 (3 lb.) Boneless Pork Roast
1 lb. Dried Pinto Beans, Sorted & Washed
4 cups Water
3 large Cloves Garlic
2 T. Ground Cumin
2 T. Chili Powder
5 Tsp. Dried Oregano
1 Tsp. Ground Coriander
½ - 1 Tsp. Cayenne Pepper
1 - 28 oz. can Tomatos With Juice
1 - 7 oz. can Diced Green Chilies, Drained
1 T. Salt
½ Tsp. Black Pepper
Flour Tortillas
Grated Cheddar Cheese
Chopped Onion
Olives
Salsa
Sour Cream
Guacamole
Chopped Lettuce
Tomatos

(continued)

Preheat oven to 250*. Place roast in a large Dutch Oven, add the remaining ingredients, stir to mix well. Cover and bake 7 to 8 hours or until Beans are tender. Check the Roast from time to time, adding more water if mixture gets too dry. MEAT FILLING: When done remove meat from the pan and shred. Return meat to the pan with the other ingredients. Stir well. Should be consistency of Chili and Beans. Allow to stand before serving, correct seasoning to suit your taste. To assemble, place Meat filling on warm Tortilla, top with Grated Cheese, Chopped Onion, Olives, Salsa, Sour Cream, Guacamole, Chopped Lettuce and Tomatos.

MEXICAN CASSEROLE

Mildred Birzer

2 lb. ground beef
1 medium onion
2 4 oz. cans taco sauce
1 can cream of mushroom soup
1 can 10 oz. enchilada sauce
1 can green chilies
1 lb. grated cheese
1 can ranch style beans
1 pkg. Doritos

Brown beef and onion. Add taco sauce, enchilada sauce, mushroom soup, beans and green chilies. Simmer until well seasoned. Put Doritos in bottom of baking dish. Add meat mixture then cheese. Repeat layers. Bake at 375 degrees for 30 to 45 minutes. Makes a good dip also.

MEXICAN CASSEROLE

Corrine Batchman

2 lb. ground beef
1 medium onion
8 oz. can taco sauce
10 oz. enchilada sauce
1 lb. grated cheese
1 package Tostitos chips
1-can mushroom soup
1-can ranch style beans

Use 13 x 10 x 2 inch pan. Brown beef and onion; drain off grease. Add sauces, soup, and simmer until well seasoned. Salt and pepper to taste. Put in layers starting with chips- meat mixture then cheese. Bake at 375° for 30 to 40 minutes.

ONE DISH MEAL

Joy Wilson

4 medium potatoes- sliced
1½ lb. hamburger
1 T. onion
1 t. salt
⅛ t. pepper
⅓ C. rice
3 Carrots
2 C. tomato juice

Grease casserole pan put in potatoes. Mix in different bowl mix; hamburger, onion, salt, pepper, and rice. Crumble up hamburger mixture on top, then slice up carrots and peas. Add 2 C. of tomato juice. Cook at 350° oven for 2 hours. Drain off grease. Serve with bread.

CABBAGE ROLL CASSEROLE

Jean Klepper

1 med. head cabbage, shredded
1 onion, chopped
2 lbs. ground beef
1 can mushroom soup
2 pkg. crescent rolls
1 c. cheese, shredded
salt and pepper to taste

Boil cabbage until tender. Sauté onion in butter or margarine. Brown and drain hamburger. Combine beef, cabbage, soup, onion and salt and pepper. Cover bottom of 9 x 13 pan with one can of crescent rolls. Add beef mixture and top with cheese. Place the other can of crescent rolls on top. Bake at 350° for 30 minutes.

SPANISH MEATBALLS AND RICE

Dolores Bressler

1 lb. Ground Beef
1 c. Minute Rice
1 sm. can Tomato Sauce

Mix ground beef and rice. Make into small balls. Put in casserole baking dish, top with tomato sauce. Bake in 350 degree oven for 45 minutes. Delicious Main Dish.

STOVE-TOP STROGANOFF

2nd grader James Lyman

2 lbs. Hamburger
1 can Cream of Mushroom soup
½ cup Sour cream
1 can cut Green Beans
½ cup milk
1 small onion
1 can mushrooms
1 tsp. salt
1 tsp. pepper
¾ pkg. no-yolk noodles

Brown hamburger with diced onion. Drain grease. Add cream of mushroom soup, sour cream, green beans, milk, mushrooms, salt and pepper. Boil noodles in separate pan until tender. Mix together and simmer on low until creamy, about 15 minutes. Serve.

TACO CASSEROLE

Pinky Lloyd

1 lb. ground beef
½ grated onion
1 package taco seasoning mix
1 can tomato soup
1 can chili beans
¼ cup water
garlic powder to taste
1 package taco flavored Doritos
½ cup grated cheese

Brown beef and onion; salt and pepper lightly. Add taco seasoning mix, tomato soup, chili beans, water, and garlic powder. Simmer 5 minutes and put into a 9 x 12 inch dish. Cover with crumbled Doritos and cheese. Bake at 350 degrees for 20 minutes.

TORTILLA CASSEROLE

Connie Roth

10 tortillas
1-12 lb. ground beef, browned and drained
Mix together:
2 cans cream of mushroom soup
2 c. medium salsa cheddar cheese

Layer, beginning with 2 tortillas in bottom of 9 by 13 inch pan. Bake ½ hour covered at 350 degrees. Let sit 10 minutes. Cut into squares.

TOSTADO CASSEROLE

Leona Klein

8 oz. Pkg. of Corn Chips
2 lbs. Hamburger
1 med. Onion, Chopped
2 - 8 oz. cans Tomato Sauce
1 - 1½ oz. Pkg. Taco Seasoning
1 - 15 oz. Can Refried Beans
8 oz. Grated Cheese

In 9 x 13 pan, spread Corn Chips. brown Hamburger and Onion in skillet. Drain off Fat. Mix 1 can Tomato Sauce and Taco Seasoning with Hamburger and Onion in Skillet. Spoon over Corn Chips. Mix together Refried Beans and 1 can Tomato Sauce. Spread over Hamburger mixture. Cover with Cheese. Bake at 350* for 30 minutes. Serve with Taco Sauce.

TURKEY TETRAZZINI

Sharla Thill

4 or 5 oz. Spaghetti, broken into pieces
2½ T. Butter
3 T. Flour
1½ c. Chicken Broth
½ c. Light Cream
½ tsp. Salt
¼ tsp. White Pepper
½ c. Mushrooms, sliced
2½ T. Green Pepper, diced
1½ c. Turkey, cooked and cubed
¼ c. Parmesan Cheese, grated
¼ c. Cheddar Cheese, grated

Cook spaghetti in salted boiling water until tender. Drain. Melt butter in saucepan, add flour and blend. Stir chicken broth into flour mixture. Add cream and cook until mixture thickens. Add salt and pepper. In a large bowl, combine mushrooms, green peppers, turkey, cream sauce, and spaghetti. Mix well. Place in 1½ quart buttered casserole dish. Sprinkle with cheeses and bake at 350° for 30 minutes.

WAKE UP CASSEROLE

Debbie Herrman

8 frozen hash brown patties
4 c. shredded cheddar cheese
1 lb. cubed cooked ham
7 eggs
½ tsp. salt
½ tsp. ground mustard

Place hash brown patties in a single layer greased 13 x 9 pan. Sprinkle with cheese and ham. In a bowl beat eggs, milk, salt and mustard. Pour

(continued)

over hash browns, cheese and ham. Cover and bake 1 hour at 350°. Uncover and bake another 15 minutes. Serves 8.

YUM-A-SETTA

Connie Roth

2 lbs. hamburger
salt and pepper
a small amount of brown sugar
14 onion, chopped
1 can tomato soup, undiluted
1 can cream of chicken soup, undiluted
1 pkg. [16 oz.] egg noodles
1 pkg. [8 oz.] processed cheese

Brown hamburger with salt and pepper, brown sugar and onion. Add the tomato soup to the hamburger mix. Cook noodles; drain. Add can of chicken soup to the noodles. Layer the hamburger mix and noodle mix in a casserole dish with processed cheese between the layer. Bake at 350 degrees for 12 hour.

Recipe Favorites

Meat, Poultry & Seafood

Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.

- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.

- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.

- It's easier to thinly slice meat if it's partially frozen.

- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.

- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.

- When frying meat, sprinkle paprika over it to turn it golden brown.

- Thaw all meats in the refrigerator for maximum safety.

- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.

- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.

- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.

- Scaling a fish is easier if vinegar is rubbed on the scales first.

Meat, Poultry & Seafood

Meat

BARBECUED MEATBALLS

Donna Gales

2½ to 3 lbs. hamburger
1 13 oz. can evaporated milk
2 eggs
1 C. oatmeal
1 C. chopped onions
½ t. garlic powder
2 t. salt
½ t. pepper
2 t. chili powder
Sauce:
1½ C. brown sugar
2 T. liquid smoke
2 C. catsup
½ t. garlic powder
½ C. chopped onions

Mix hamburger,milk,eggs,oatmeal,onion, and garlic powder. Shape into walnut sized meat balls. Place in flat pan, one layer deep. Mix sauce: brown sugar, liquid smoke, catsup, garlic powder, and onions. Pour over meat balls. Bake in a 350° oven for 1 hour or until done.

BARBEQUED MEATBALLS

8th grader Nona Stoss

½ lbs. ground beef
½ c. milk
3 T. chopped onion
2 tsp. salt
⅛ tsp. pepper
1 tsp. sugar
1 T. water
1 c. catsup
¼ c. Worcestershire sauce
2 T. vinegar

Mix meat with milk, salt and pepper. Shape into balls about the size of a walnut. Brown in skillet. Combine rest of ingredients and pour over meat in skillet. Cover and cook slowly until done, about 15 to 20 minutes. Turn meat occasionally.

CHILI

Donna Gales

6 lbs. hamburger
2 large cans tomato paste
2 large cans canned tomatoes
4 cans chili beans
2 C. celery chopped fine
4 or 5 chopped onions
1 C. chopped green pepper
4 packages chili powder
1 T. paprika

Cook: celery, onions, green peppers until tender. Brown hamburger add: celery, onions, peppers, beans, tomato paste, and paprika. Cook 1½ hours slow then add: chili powder cook until good to taste. If more liquid is needed add tomato juice not water. Salt and pepper to taste.

DELICIOUS ROAST

Un Known

1 beef roast
1 package onion soup mix
1 can cream of mushroom soup
1 large piece of aluminum foil

Place roast on piece of foil, large enough to wrap meat tightly. Sprinkle roast with onion soup mix. Spoon cream of mushroom soup on top of roast. Wrap tightly and place in roasting pan; roast in 300° oven for 4 hours.

FRENCH DIP ROAST

Marilyn Schartz

6-7 pound roast
1 bay leaf
2-4 bullion cubes, beef
1 Tb. rosemary
1 Tb. thyme
3-4 peppercorns
1 Tb. oregano
1 Tb. garlic salt
½ cup soy sauce

Place meat in roaster. Cover with water. Add bay leaf, bullion cubes, rosemary, thyme, peppercorns, oregano, garlic salt, and soy sauce. Cook very slow overnight in 250 degree oven. Prepare homemade noodles in juices. For gravy strain broth and save 1 cup. Add 3 Tb. flour and beat until smooth. Add 3 Tb. melted oleo. Microwave for 3 minutes. Beat until thick.

HAM BALLS

Bertha Achatz

1 lb. ground Pork
1 lb. ground fully cooked Ham
2 Eggs
¾ c. Milk
⅔ c. Shredded Wheat Cereal, crushed
1½ c. Brown Sugar
⅔ c. Water
⅓ c. Vinegar
¾ tsp. ground Mustard

Combine pork, ham, eggs, milk and cereal. Shape into 1½ inch balls. Place in a greased 9 x 13 pan. In a saucepan, combine brown sugar, water, vinegar, and mustard. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 4 minutes. Pour over the ham balls. Bake uncovered at 350° for 60 minutes. Servings: 8

HOT MEXICAN SALAD

Bernetta Oberle

2 lbs. hamburger
1 can cheddar cheese soup
1 can mushroom soup
1 can tomato soup
1 t. oregano
1 package taco seasoning

Brown hamburger and drain. Simmer, and add: soups,oregano,and taco seasoning together for about 30 minutes and serve with the following: Lettuce, Tomatoes, Black Olives, Onions, and Corn Chips.

IOWA MEAT LOAF

Mary Jo Cunningham

1½ lb. ground beef
¾ cup nonfat dry milk
2 eggs, slightly beaten
1½ tsp. salt
¼ cup catsup
1 T. brown sugar
1 cup oatmeal
1 medium onion, chopped
½ tsp. sage
14 tsp. garlic powder
½ tsp. dry mustard
¼ tsp. nutmeg

Combine beef, milk, eggs, salt, oatmeal, onion, sage, pepper, and garlic powder. Place in 11 x 7 inch loaf pan. Bake at 350 degrees for 1 hour. Remove from oven. Mix catsup, dry mustard, brown sugar and nutmeg. Cover the loaf with this topping. Bake an additional 15 minutes.

ITALIAN MEAT LOAF

Marilyn Reichuber

1½ lb. ground lean pork	**½ tsp. oregano**
1 egg, beaten	**¼ tsp. pepper**
¾ cup cracker crumbs	**2 cup grated mozzarella cheese**
¼ cup chopped onion	**⅔ cup tomato sauce**
1 tsp. salt	**⅓ cup tomato sauce**

Combine meat, egg, cracker crumbs, onion, ⅓ cup tomato sauce, oregano, salt and pepper. Shape in a 10" by 12" rectangle on wax paper. Sprinkle mozzarella cheese over mixture, roll up, and press ends to seal. Place in a shallow baking dish and bake 1 hour at 350 degrees. Pour the ⅔ cup tomato sauce over the top and bake another 15 minutes. Serves 4

MAPLE GLAZED SAUSAGES

Debbie Herrman

2 pkg., 8 oz. each, brown and serve sausage links	**½ cup packed brown sugar**
1 cup maple syrup	**1 tsp. ground cinnamon**

In a large skillet brown the sausage and drain. In a mixing bowl combine brown sugar, syrup, and cinnamon. Stir this mixture into the skillet with the sausages. Bring to a boil and simmer until sausages are glazed.

MARINATED BRISKET

Mary Jo Cunningham

1 T. Worcestershire Sauce	**1 tsp. parsley flakes**
1 T. pepper	**garlic and onions**
1 tsp. paprika	**1 piece brisket**
1 tsp. nutmeg	

Put brisket in dish with Worcestershire and pepper. Marinate overnight. Mix paprika, nutmeg and parsley over meat in baking pan. Cover with sliced onions and minced garlic. Bake at 200 degrees for 2 hours. Brush onions to the sides. Bake 2 more hours.

MARINATED PORK ROAST

Tillie Peintner

5 or 6 lb. Pork Roast
½ c. Brown Sugar
2 tsp. Paprika
2 tsp. Salt
¼ tsp. Pepper
½ tsp. Garlic Salt
1 tsp. Onion Salt
1 tbsp. Worcester Sauce
½ c. Lemon Juice
½ c. Water
½ c. Ketchup
1 tbsp. Soy Sauce
¼ tsp. Hot Pepper Sauce

Mix all of the marinade sauce ingredients (except the Pork Roast). Heat to boiling, cool. Pour marinade into a large plastic bag. Place roast in the bag. Close bag, put it in a bowl in the refrigerator overnight, turning several times. Bake it uncovered in 325° oven for about 3 hours or until 170° on a meat thermometer. Baste with the marinade the last 20 minutes.

MEAT LOAF

Clara Werner

2 lbs. hamburger
1 C. bread crumbs
1 egg- beaten
½ C. milk
1 t. salt
¼ t. pepper
1/4 C. catsup
¼ C. brown sugar
1 T. mustard

Mix hamburger, bread crumbs, egg, milk, salt, and pepper; then make into a loaf. Bake at 350° for 1¼ hours or until almost done. Then mix up the catsup and brown sugar and mustard; spread over top of loaf and bake another 15 minutes more.

MEXICALI MEAT

Sherrie Siefers

3 lbs. boneless pork roast- well trimmed
1 lb. dry pinto beans - Do not presoak
4 C. water
2 T. ground cumin
5 t. dried oregano
½ to 1 t. cayenne pepper
1-28 oz. can tomatoes with juice
1-7 oz. can diced green chiles, drained
3 large cloves of garlic, minced
2 T. chili powder
1 t. ground coriander
salt and pepper to taste

Preheat oven to 250°. Place roast in al large heavy roaster or Dutch oven, add: pinto beans, water, cumin, oregano, cayenne pepper, tomatoes with juice, green chiles, garlic, chili powder, and ground coriander mix well. Cover and bake 7 to 8 hours or until beans are tender. Add more water if mixture gets too dry. When meat filling is done remove meat and shred into bite-sized pieces, return to roaster and mix well, (should be the consistency of chili and beans). Serve warm on flour tortillas, top with condiments of your choice, left overs can be frozen.

MEXICAN STUFFED SHELLS

Jean Klepper

Approximately 24 Jumbo Pasta Shells, cooked and drained
1½ lbs. Ground Beef
1 - 16 oz. jar Medium or Mild Picante Sauce
½ c. Water
1 - 8 oz. can Tomato Sauce
1 - 4 oz. can Green Chilies, drained
1 c. or 4 oz. Monterey Jack Cheese, grated
1 sm. can Durkee French Fried Onions

Brown ground beef and drain. Combine picante sauce, water, and tomato sauce. Stir ½ c. mixture into beef along with ½ c. cheese, ½ c. French onions, and chilies. Mix Well. Pour half of remaining sauce mixture into bottom of pan. Stuff shells with meat mixture and arrange in baking dish. Pour rest of sauce mixture over shells. Bake covered at 350° for 30 minutes. Top with rest of cheese and onions. Bake uncovered for 5 minutes

PIZZA SANDWICHES

3rd Grader Christopher Schwartz

1 can Pizza Sauce
Butter
Bread
Mozzarella Cheese
Pepperoni

Butter bread slices on one side. Then add pepperoni, cheese, and sauce. Brown like a grilled cheese sandwich.

PRETZEL BURGERS

Lori Thomas

1 lb. ground beef or deer
½ C. very fine pretzel crumbs
⅓ C. Italian oil dressing
1 egg
2 T. chopped onion
2 T. chopped green peppers
¼ t. salt
½ t. pepper

Combine: beef or deer, pretzel crumbs, Italian dressing, egg, onion, green peppers, salt, and pepper. Shape mixture into 6 large patties. Broil about 3 inches under full flame until brown on each side, turn only once. Can be cooked on outside grill. Cooks fast. Serve plain or with cheese.

SALISBURY STEAK WITH ONION GRAVY

Susan Curtiss

1 egg
1 can (10½ oz.) condensed
  French onion soup, undiluted
  and divided
½ cup dry bread crumbs
¼ t salt
pinch of pepper
1½ pounds ground beef
1 Tbs. flour
¼ cup water
¼ cup ketchup
1 tsp. Worcestershire
½ tsp. prepared mustard
6 cups hot cooked noodles

In a large bowl, beat egg. Stir in ⅓ cup of soup, bread crumbs, salt and pepper. Add beef; mix gently. Shape into six oval patties. Brown in a skillet over medium heat for 3 to 4 minutes on each side. Remove and set aside; discard drippings. In the same skillet, combine flour and water until smooth; add ketchup, Worcestershire sauce, mustard and remaining soup; bring to a boil. Cover and simmer for 15 minutes or until meat is no longer pink. Serve patties and gravy over noodles. Yield: 6 servings.

SCALLOP PORK CHOPS AND POTATOES

Gina Clair

- 4 pork chops
- salt and pepper to taste
- 1 can cream of mushroom soup
- ¼ C. oleo
- 1 C. flour
- 5 potatoes
- milk

Coat chops with flour, salt and pepper mixture. Brown over medium heat. Peel and slice potatoes in a 2 quart casserole dish. Place chops on potatoes. Mix mushroom soup and ½ C. milk and pour over chops. Fill with milk til chops are covered. Cut up butter and spread over top. Cover and bake 1½ hours on 350° oven, then remove cover and bake 15 minutes longer.

SMOKED SAUSAGE AND CABBAGE

Viola Eggers

- 1 med. Head of Cabbage
- 1 pkg. Smoked Sausage
- 2 or 3 med. potatoes, cut into good sized chunks

Clean and core cabbage. Cut into ¼ pieces. Put in a large kettle and add enough water to cover half of cabbage. Cut sausage to any size you wish. Add a little salt to taste. Cook till the cabbage is ½ done. Add potatoes and finish cooking till all is done.

SPAGHETTI MEAT SAUCE

Angela Hammeke

- 2 lb. Hamburger
- 1 lg. Onion
- 1 Pepper (Green Fresh)
- 1 Bay Leaf
- 1 can Tomatoes
- 1 can Tomato Sauce
- 2 tsp. Chili Powder
- Dash of Garlic Salt
- Salt and Pepper

Brown hamburger under hot fire in skillet. Put in large sauce pan with lid. Add diced onion and pepper, salt and pepper, canned tomatoes, tomato sauce. Season with garlic salt and chili powder. Cover and let simmer for at least two hours.

TACO SALAD

Rita Law

- 1 lb. ground beef
- 1 package taco seasoning
- 1 can cheddar cheese soup
- 1 can cream of mushroom soup
- 1 large can of tomato sauce
- 1 head of lettuce
- 2 medium tomatoes diced
- 1 small can black olives
- 1 red onion diced thin
- salsa and sour cream

Brown ground beef and drain; mix in taco seasoning, soups, tomato sauce and put in crock pot. Then shred lettuce; mix together in bowl with tomatoes, onion, and olives. Spread this mixture out on 5 plates and ladle the hamburger mixture over the lettuce and spread the Fritos and shredded cheese over that and top with salsa and sour cream to your fitting.

Poultry

BUFFET CHICKEN

Nancy Jenish

- 6 Chicken Breast, boned and halved
- 8 slices Swiss Cheese
- 1 can Cream of Mushroom Soup
- ¼ c. Milk
- 1 pkg. Stove Top Stuffing

Heat oven to 350°. Grease lightly a 9 x 13 baking dish. Arrange chicken in dish, top with cheese. Dilute soup with of milk. Pour over chicken and cheese. Mix stuffing according to package directions. Spread over top of casserole. Bake uncovered for 50 to 60 minutes.

CHEESY BAKED CHICKEN BREASTS

Isabelle Stabb

- 5 slices of bread
- 4 oz. cheddar cheese cubed
- 4 sprigs of parsley or 1 T. dried parsley
- 1 t. monosodum glutamate
- melted butter or oleo for dipping chicken
- 1½ t. salt
- ⅛ t. pepper

Break 1 slice of bread into 4 pieces and drop into the blender container. Add ¼ of the cheese, run on speed 3 or low, until the bread and cheese

(continued)

are fine, empty into a bowl. Repeat the process; using 1 slice of bread and ¼ oz. of cheese each. Add parsley to the blender container with the 5th slice of bread crumbs. Add the seasonings to the crumbs and cheese mix. Mix well. Dip chicken in the melted butter, then into crumb mix; coating well. Arrange in a single layer, uncrowded, for 1 hour.

CHICKEN AND RICE

Lori Thomas

1 to 2 chickens, cut up or deboned
1½ c. uncooked converted rice
1 stick margarine
1 can cream of chicken soup
1 can cream of celery soup
1 can cream of mushroom soup
1 soup can of milk

Place rice in ungreased 9 x 13 inch pan. Melt margarine. Mix margarine, soups,and milk together. Pour half of soup mixture over rice and mix well. Lay raw chicken on rice and pour the rest of soup mixture over it. Bake uncovered for 3 hours at 275° Serves 6.

CHICKEN CHIM-E-CHONGAS

Bertha Achatz

2½ c. Chicken, cooked and cubed
½ c. Picante Sauce
⅓ c. Green Onion (tops and all)
1 tsp. Cumin
½ tsp. Oregano
Cheddar and Monterey Jack Cheese
8 Tortillas
1 stick Butter, melted

Simmer chicken, picante sauce, onion, cumin, and oregano for 5 minutes. Spread butter on the bottom side of the tortillas. Put chicken in the center of the tortillas and sprinkle with cheeses. Fold over ends and bake for 13-15 minutes at 375°. Serve with sour cream and avocados.

CHICKEN FETTUCCINE ALFREDO

Susan Curtiss

4 boneless, skinless, chicken breasts
8 oz. fettuccine noodles, cooked
¾ cup grated fresh Parmesan cheese
1 stick butter
1 cup heavy whipping cream
⅓ cup finely chopped onion
1 to 2 finely chopped garlic cloves
lemon pepper
salt
pepper

Marinate chicken breasts with lemon pepper. Grill chicken breasts until thoroughly cooked. Slice into ¼ inch thick by 1 to 2 inch long pieces. Melt butter in medium size saucepan. Sauté garlic and onion. Add in whipping cream and stir on low heat for approximately 5 minutes or until thickened. Add a pinch of salt and pepper. Add Parmesan cheese and continue to stir until cheese is melted. Pour sauce over sliced chicken and fettuccine.

CHICKEN POT PIE

Sharla Thill

2 Pie Crusts
1 can Mixed Vegetables
1 can Potato Soup
1 can Chicken Mushroom Soup
2 lg. cans Chicken
1 c. Cheese, grated

Mix vegetables, soups, chicken, and cheese together. Dump into one crust. Cover with the other crust. Bake at 350° for 1 hour and 30 minutes. Cover for 30 minutes, then uncover for the rest of the baking.

CHICKEN SUPREME

Evelyn Klepper

1 - 3 to 4 lb. Chicken, Cooked, Skinned, and Chopped
4 c. Dry Bread Crumbs
½ c. Chopped Celery
1 tsp. Salt
4 Eggs, Beaten
½ c. Chopped Onion
½ tsp. Pepper
Chicken Broth to moisten well

Mix all ingredients and put in a 9 x 13 greased pan. Bake at 350° until set and browned.

HONEY CHICKEN

Cecelia Huschka

¼ cup margarine
½ cup honey
¼ cup prepared mustard
1 tsp. salt
1 tsp. curry powder - optional
chicken parts

Heat oven to 375 degrees. Melt margarine in oven. Stir in honey, mustard, and salt. Stir in curry powder, if desired. Roll chicken parts in mixture and leave skin side up. Bake for 1 hour.

MEXICAN CHICKEN

LINDA ILLE

2 or 3 C. cooked, chopped chicken
1 C. of the cooked chicken broth
1 can Cream of Mushroom soup
1 can Cream of Chicken soup
½ lb. Velveeta cheese, cubed
1 can Ro-Tel diced tomatoes and green chilies
1 chopped onion
tortilla chips

In 9 x 13 inch pan, combine: chicken, broth, soups, cheese, Ro-Tel, and onion. Stir together and mix in 10 oz. broken tortilla chips, leaving a few chips dry on top. Bake at 350° for 30 to 35 minutes.

RO TEL KING RANCH CHICKEN

Leona Klein

¼ cup Margarine
1 med. Green Pepper, Chopped
1 med. Onion
1 - 10¾ oz. can Cream Of Mushroom Soup
1 - 10¾ oz. can Cream of Chicken Soup
1 can 10 oz. Ro Tel Tomatoes
2 cups Cubes Chicken
12 Corn Tortillas Torn Apart into Bite Size Pieces
2 cups 8 oz. Shredded Cheddar Cheese

Preheat oven to 350*. In a large saucepan cook Pepper and Onion and Butter. Add soups & Ro Tel & Chicken stirring until well blended. Pour into 13 x 9 x 2 pan, alternately with Tortillas, Soup mixture and Cheese. Repeat 3 layers. Bake 40 minutes.

SOUTHWESTERN CHICKEN WITH SALSA

Sherrie Siefers

¼ C. fresh lemon juice
1 T. chopped green onion
⅛ t. ground black pepper
1 medium pressed garlic clove
4-boneless, skinless chicken breasts
2 T. olive oil
1 t. dried basil
1 C. chunky salsa

In medium bowl, combine lemon juice, onion, pepper, garlic, oil, and basil. Add chicken to this mixture and marinate at least 20 minutes in refrigerator. Remove chicken and discard marinate. Place chicken on grill or on broiled in oven. Grill 8 to 10 minutes on one side. Turn chicken over and grill 7 minutes more. Spoon salsa over chicken and grill an additional 3 minutes or until done. Remove from grill and serve on a bun.

SPICY CRISPY CHICKEN

8th grader Lisa Nemnich

6 Chicken breasts, halved, boned and skinned
1 egg, beaten
½ cup grated Parmesan cheese
½ cup cornflake crumbs
¼ teaspoon ground pepper

Preheat oven to 400°. Mix Parmesan cheese, crumbs and pepper. Dip chicken in egg, coat with mixture. Place in greased shallow baking dish. Bake to 20 minutes or until tender. Makes 6 servings.

SWISS CHICKEN

Lois Hammer

8 Boneless chicken breasts
8 slices cheese
1 10 oz. can cream of mushroom soup
¼ c. prepared orange juice
1 c. Stove Top stuffing mix (dry)
1 stick margarine

Grease pan large enough for all chicken breasts. Place chicken breasts in pan. Place one slice of swiss cheese on each chicken breast. Mix soup and orange juice. Pour mixture over chicken. Sprinkle Stove Top stuffing mix on top of chicken and mixture. Place several pats of margarine on top of dry mixture. Bake in 350° oven for one hour until bubbling (and not too brown).

ZESTY MOZZARELLA CHICKEN

Patricia Shields

1 Egg White, lightly beaten
2 T. Milk
1 c. Dry Bread Crumbs
2 T. Grated Parmesan Cheese
¼ tsp. Salt
¼ tsp. Pepper
¼ tsp. Garlic Powder
¼ tsp. Cayenne Pepper
¼ tsp. Dried Oregano
8 Chicken Breast halves, boneless and skinless
¼ c. Butter
1 - 8 oz. can Tomato Sauce
1 tsp. Dried Basil
1 c. Mozzarella Cheese, shredded

In a shallow bowl, combine egg white and milk. In another bowl, combine the bread crumbs, Parmesan cheese and seasonings. Dip each chicken breast in the egg mixture, then in the crumb mixture. Melt butter in skillet. Brown chicken on both sides until no longer pink and juices run clear. Meanwhile, heat tomato sauce and basil until warm. When chicken is done, sprinkle with cheese. Remove from heat and cover for 2-3 minutes or until the cheese melts. Serve with tomato-basil sauce. Servings: 4

Seafood

LONG JOHN SILVERS BATTER MIX

Belinda Menges

¾ cup flour
½ tsp. baking powder
1 egg
¼ cup cornstarch
¼ tsp. soda
¾ cup water

Beat egg and all water. Mix in flour, baking powder, cornstarch, and soda. Double dip to make thicker crest on meat, chicken, or fish.

ORANGE ROUGHY FILLETS

Lori Thomas

1 C. club cracker crumbs
¼ C. flour
1 t. lemon herb and spice blend
⅓ C. sour cream
¼ C. water
6-4 to 6 oz. orange roughy fillets
¼ C. butter or margarine, melted

(continued)

Combine cracker crumbs, flour, and lemon herb, and spice blend. Combine sour cream and water; dip fillets in sour cream mixture, coat with cracker crumbs. Arrange fillets on greased 15 x 10 x 1 inch jelly roll pan. Drizzle with butter. Bake 350° for 20 minutes or until fish flakes easily when tested with fork. Serves 6.

SALMON QUESADILLAS

Lori Thomas

2 garlic cloves, minced	**1 T. butter or margarine, softened**
1 t. veggie oil	**4 flour tortillas- 8 inch**
1 can of salmon, drained, bones, and skin removed	**2 C. shredded mozzarella cheese**
1 to 2 t. dried basil	**Guacamole or salsa**
½ t. pepper	

In skillet, sauté garlic in oil until tender. Stir in salmon, basil, and pepper. Cook over medium heat until heated through. Meanwhile, spread butter over one side of each tortilla. Place tortillas, buttered side down, on griddle. Sprinkle each with ½ C. cheese. Spread ½ C. of salmon mixture over half of each tortilla. Fold over and cook on low for 1 to 2 minutes on each side. Cut into wedges; serve with guacamole or salsa.

TUNA BURGERS

Nancy Jenish

1 - 7 oz. can Tuna	**¼ c. Mayonnaise**
1 c. Celery, finely chopped	**½ tsp. Salt**
½ c. Process Cheese, diced	**⅛ tsp. Pepper**
1 sm. Onion, chopped	

Mix tuna, celery, cheese, onion, mayonnaise, salt, and pepper. Place on hamburger buns and wrap individually in foil. Heat at 350° for 15 minutes.

TUNA PIZZA

Donna Gales

2 cans tuna drained	**1 can Large ready to bake biscuits**
1 can mixed vegetables	**10 pieces sliced cheese**
1 can cream of mushroom soup	

(continued)

Mix: tuna, mixed veggies, mushroom soup. Spray cookie sheet with Pam spray; pat biscuits out flat making 10 small flat pizza crusts. Top with tuna mixture. Bake at 400°: until biscuits start to brown. Place 1 slice cheese on top of each "Pizza" cook until cheese melts. Serves 5.

Recipe Favorites

Breads & Rolls

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.

- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.

- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).

- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.

- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder, and store in a tightly covered container.

- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.

- When in doubt, always sift flour before measuring.

- When baking in a glass pan, reduce the oven temperature by 25°.

- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.

- If your biscuits are dry it could be from too much handling, or the oven temperature may not have been hot enough.

- Nut breads are better if stored 24 hours before serving.

- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.

- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

Breads & Rolls

Breads

APPLESAUCE BREAD

Sue Gillen Ackerman

- 3 eggs
- 1 cup oil
- 2 cups sugar
- 2 cups applesauce
- 1 T. vanilla
- 1 tsp. soda
- 1 tsp. salt
- 1 tsp. baking powder
- 2 Tb. cinnamon
- 3 scant cups flour

In mixer bowl put eggs, oil, sugar, applesauce, and vanilla. Start beaters and add soda, salt, baking powder, and cinnamon. Add flour. Grease pans well and sprinkle heavy with sugar and cinnamon before baking. Bake at 350 degrees for 30 minutes. Makes 6 small loaves.

BANANA BREAD

Darlene Stoss

- ½ c. shortening
- 1 c. sugar
- 2 eggs
- 2 c. flour
- 1 t. soda
- 1/4 c. nuts (optional)
- 1 c. whipped bananas

Mix together pour into loaf pan and bake for 45 minutes or until done. Bake in a 325°oven.

CHEESE BREAD

Sherrie Siefers

- 2 packages buttermilk biscuits
- 1 t. all-purpose dill mix
- 1 C. grated cheddar cheese

Preheat oven to 350°; lightly spray loaf pan with vegetable oil spray. Place biscuits lengthwise as come out of the package into loaf pan. Fan out the slices, sprinkle dill mix between biscuits, repeat with cheese. Bake 25 to 30 minutes. Serve warm.

CHEESEBURGER STUFFED BREAD

Mary Liebl

1 loaf French bread, slice top off and crumble out inside
1 lb. ground beef
1 green pepper, diced
½ C. celery, diced
1 small onion, chopped
1 t. salt
½ t. pepper
1 T. Worcestershire sauce
1 can cheddar cheese soup

Brown in skillet the beef, green pepper, celery, onion, salt, pepper, Worcestershire sauce, and soup: simmer together an additional 5 minutes. Add crumbled bread and up to 1 C. milk for creamy consistency. Heat thoroughly. Fill bread shell with meat mixture. Top with grated cheese if desired. Replace top and bake in 350° oven for 5 to 8 minutes. Slice and serve.

CRANBERRY NUT BREAD

Dorothy Moeder

2 C. flour
1 C. sugar
1½ t. baking powder
½ t. baking soda
1 t. salt
¼ C. butter or margarine
1 egg
¾ C. orange juice
1½ C. fresh or frozen cranberries
½ C. chopped nuts

In a bowl combine flour, baking powder, salt, and soda. Cut in butter until it resembles coarse crumbs. Beat egg and orange juice. Stir into dry ingredients just until blended. Add cranberries and nuts. Spoon in a greased and floured loaf pan. Bake at 350° oven for 65 to 70 minutes or until a tooth pick comes out clean.

FRENCH BREAD

Susan Curtiss

2 T. sugar
2 T. shortening
2 T. salt
2 C. boiling water
2 Packages yeast
½ C. warm water
2 T. sugar
6-6½ C. flour

Pour 2 C. boiling water over 2 T. sugar, 2 T. shortening and 2 t salt and let cool. Dissolve yeast in ½ C warm water and sugar. Let set 5

(continued)

minutes without stirring. Stir the two mixtures together and add 6-6½ C. flour. Work flour in with a spoon, then work down every 10 minutes for 4 to 5 times. Keep covered. Divide into 2 balls. Roll each ball out in rectangle shape to about ½ inch thick. Roll as for a jelly roll. Place on greased cookie sheet. Cut cross slices on top of bread. Let rise until doubled. Bake at 375° for 30 to 35 minutes.

GRANDMA (MRS. JOHN) SCHARTZ'S BREAD

In Memory of Mary (Mrs. Pete) Schartz

4 C. whole-wheat flour
2 C. white flour
milk
1 T. salt
2 T. shortening
1 T. dark Karo syrup
3 T. brown sugar
2 T. instant potatoes
2 t. yeast

You may use rye flour instead of whole-wheat if you like. Make bread in the usual method. Put yeast in warm water to soften. Let come to a boil the milk with sugar in it. Add the shortening, potatoes, and salt let cool enough not to hurt the yeast; add it then the flour. Knead and let rise. Shape and let rise Bake.

GREEN TOMATO BREAD

Karen Kramp

3 C. all-purpose flour
2 C. sugar
1 T. ground cinnamon
1 t. salt
1 t. baking soda
¼ t. baking powder
2 beaten eggs
1 C. cooking oil
1 t. vanilla
2 C. finely chopped green tomatoes
1½ C. chopped pecans

Grease and flour the bottom and ½ inch up the sides of 2-8 x 4 x 2 inch loaf pans; set aside. In a large mixing bowl stir together the flour, sugar, cinnamon, salt, baking soda, and baking powder; set aside. In another medium bowl combine eggs, cooking oil, vanilla, chopped green tomatoes and pecans. Add egg mixture all at once to dry ingredients bowl. Stir just until moistened - batter will be thick and lumps may remain. Spoon batter into prepared pans. Bake in a 350° oven for 55 to 60 minutes or until a wooden toothpick inserted near the center comes out clean. May use a food processor to chop the green tomatoes and then put them in a sieve to let the juice run off.

RYE BREAD

Bertha Achatz

(Bowl # 1):
1½ c. warm Water
Pinch of Ginger
1½ tsp. Sugar
1 pkg. Yeast
2 c. White Flour
(Bowl # 2):
2 c. Rye Flour
1½ tsp. Salt
2 T. Margarine, softened
¼ c. Brown Sugar
⅓ c. Molasses
1 tsp. Anise Seed
1 tsp. Caraway Seed
1 T. Orange peel, grated
1¼ c. Boiling Water
2 to 2½ c. White Flour

Combine water, ginger, sugar, yeast, and flour in a bowl. Set aside. Combine rye flour, salt, margarine, brown sugar, molasses, seeds, and orange peel in a bowl. Pour boiling water over this and beat well. Add the two bowls together. Beat fast so it doesn't set up. To this add the flour. Knead in bowl. Let rise and punch down. Divide in half. Pat out and roll like a jelly roll. Put on cookie sheet seam-side down. Let rise until doubled. Bake at 350° for 30 to 40 minutes on lower ⅓ of oven. Remove and grease while hot.

SWEDISH RYE BREAD

Mary Tudor

3 c. Water
⅓ c. Lukewarm Water
¾ c. Molasses
1 c. Boiling water
1 pkg. dry Yeast
2 c. Rye Flour
1 tsp. Salt
1 tsp. Anise Seed
1 T. Sugar
½ c. Brown Sugar
2 T. Shortening
9 c. Flour

Mix 4 cups white flour with 3 cups water to make a medium sponge. Dissolve yeast and sugar in the warm water. Add to sponge. In another bowl mix rye flour, brown sugar, molasses, salt, shortening, and anise seed. Pour boiling water over rye batter to make a stiff batter. Let cool. Mix rye batter with sponge adding enough white flour (about 5 cups) to make dough stiff. Knead, then let rise until dough doubles in size. Punch down. Knead again and divide into 3 loafs. Let rise again until double. Bake at 375° for 50 to 60 minutes.

VEGETABLE BREAD

Evelyn Klepper

3 cans Biscuits, cut into small pieces
½ c. green and red peppers, diced
½ c. chopped onions
½ c. chopped celery
1 c. shredded cheddar cheese
2 T. Ham or Bacon bits
2 sticks oleo, melted

Mix all ingredients and put in a greased bundt pan. Bake at 400° until brown.

WHITE BREAD

Gloria Robins

2 package active dry yeast
1¼ cups warm water
1¾ cup very hot water
½ tsp. salt
2½ T. sugar
½ cup oil
3 eggs
1 can evaporated mild - 12 oz.
5 cups flour

Dissolve yeast in 1¼ cups warm water. Beat together hot water, salt, sugar oil, eggs and evaporated milk. Add yeast mixture and 5 cups flour. Beat until smooth and elastic. Add flour, 2 cups at a time until dough is not sticky. Let rise until double - punch down and let rise again. Punch down and make into loaves or rolls. Let rise in warm place. Bake at 375 degrees for 20 minutes for loaves and 15 minutes for rolls - or until golden brown.

ZUCCHINI BREAD

Ellen Shanteau

3 eggs beaten
1 C. oil
2 C. peeled and grated squash
2½ C. sugar
3 T. vanilla
1 t. soda
¼ t. baking powder
3 t. cinnamon
3 C. flour
1 t. salt
1 C. chopped nuts

To the beaten eggs- add the oil and squash. Mix in the sugar, vanilla, soda, baking powder, cinnamon, flour, and salt. Mix well; fold in the chopped nuts. Bake 50 minutes in 350° oven. Makes 2 loaves.

Rolls

BISCUITS

Joy Wilson

1 package dry yeast	**1 t. salt**
¼ C. warm water	**⅛ C. sugar**
2½ C. flour	**½ C. shortening**
½ t. soda	**1 C. buttermilk**
1 t. baking powder	

Dissolve the yeast in warm water and set aside. Mix together: flour,soda, baking powder, salt, and sugar. Cut in the shortening as you normally do for biscuits. Stir in the buttermilk, also the warm-yeast mixture. Blend thoroughly and the dough is ready to be refrigerated in a large covered bowl or just make into biscuits. Turn dough into a flour board and knead lightly as for biscuits. Roll out and cut. Makes 12. Place on greased cookie sheet. Let rise. Bake at 400° until lightly browned.

CHEDDAR BISCUITS

Joyce Schulte

10 C. flour	**4 T. baking powder**
8 T. sugar	**1 t. salt**
2 C. heavy cream	**2 C. buttermilk**
1 lb. butter, melted	**2 C. shredded cheddar cheese**
2 T. chives	

Preheat oven to 375°. Sift together flour, baking powder, sugar and salt. In a separate bowl, mix heavy cream, buttermilk, and melted butter. Combine the wet ingredients with the dry. Mix with wooden spoon until dough pulls together but is still crumbly. Stir in cheese and chives. On floured surface roll dough out til 1 inch thick. Cut into 2 inch rounds. Bake on a baking sheet lined with parchment paper for 20 minutes or until tops are golden brown. Makes 2 dozen biscuits.

CHEESE GARLIC BISCUITS

Joanie Wise

2 c. Bisquick	**¼ c. Butter, melted**
⅔ c. Milk	**½ tsp. Garlic Powder**
½ c. shredded Cheddar Cheese	

Combine Bisquick, milk, and cheese with spoon until soft dough forms. Drop by heaping tablespoons on ungreased cookie sheet. Bake 8 to 10 minutes at 450°. Combine butter and garlic powder. Brush over warm biscuits before removing from cookie sheet. Makes: 10 to 12 biscuits

CINNAMON ROLLS

Lorraine Rickert

3½ - 4½ cup flour	**1 cup milk**
3 T. sugar	**½ cup water**
1 tsp. salt	**½ cup margarine**
2 package dry yeast	

In a large bowl, thoroughly mix 1½ cups flour, salt, sugar and yeast. Combine milk, water, and margarine in sauce pan and heat over low heat until liquids are 120 - 130 degrees. Gradually add to dry ingredients and beat to dissolve yeast; 2-3 minutes. Add another ½ cup flour and beat 2-3 minutes to develop gluten in flour. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured surface and knead until smooth and elastic; about 5 minutes. Place in greased bowl. Cover. Warm oven by turning to lowest setting for 1 minute and then turning off. Place bowl in this warm oven for 15 minutes. Punch dough down and roll into rectangle 12" by 18". Spread with butter or margarine and sprinkle with mixture of ½ cup sugar and 2 tsp. cinnamon. Roll up and cut into 20 slices. Place on greased pans and let rise. Bake at 375 degrees for 20-25 minutes until golden brown. For icing; add light cream to 2 cups confectioners sugar for spreading consistency. Add dash of salt and 1 tsp. vanilla. Spread on cooled rolls.

MOM'S BUTTER MILK BISCUITS

Josephine Basgall

2 c. All-Purpose Flour	**½ tsp. Salt**
2 tsp. Baking Powder	**¼ c. Shortening**
½ tsp. Baking Soda	**¾ c. Buttermilk**

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In a bowl, combine the flour, baking powder, baking soda and salt. Cut in shortening until the mixture resembles coarse crumbs. Stir in buttermilk. Knead dough gently. Roll out to ½ inch thickness. Cut with a 2½ inch biscuit cutter and place on a lightly greased baking sheet. Bake at 450° for 10-15 or until golden brown. Servings: 10.

ONE HOUR CINNAMON ROLLS

Sister Francella Bahr

2-packages dry yeast dissolved in ¼ C. warm water	**1/2 t. soda**
½ C. oil	**1½ T. sugar**
1½ C warm buttermilk	**1 t. salt**
	4½ C. flour

Mix yeast, water, oil, buttermilk, soda, sugar, salt, and flour. Knead dough for 3 to 4 minutes or until satiny. Place dough into plastic bag for 10 to 12 minutes. Be sure bag is sealed. Remove dough from bag. Roll out ¼ inch thick spread with melted margarine and sprinkle with lots of sugar and cinnamon. Roll up and cut into slices. Put into greased 9 x 13 inch pan. With slices you have left over can be put into a greased 8 or 9 inch pan. Set aside for 45 minutes to rise. Bake at 375° for 25 minutes. Frost with powdered sugar icing.

POTATO RUSKS

Mary Jo Cunningham

1 cup butter or margarine	**8 cup flour**
1 cup sugar	**2 cup warm water**
1 cup mashed potatoes	**½ cup butter**
2 tsp. salt	**2 T. flour**
4 beaten eggs	**1 cup powdered sugar**
1 cake yeast dissolved in warm water	

Mix in this order: 1 cup butter, sugar, potatoes, salt, eggs, yeast, warm water, 8 cup flour. Let stand in refrigerator overnight. Take out and roll out. Cut with a biscuit cutter. Let rise 2 hours. Bake at 350 degrees until lightly browned. While they are warm, mix and spread on ½ cup butter, powdered sugar and 2 T. flour. Makes 75 rolls.

SPECIAL CINNAMON ROLLS

Jamie Komarek

2 Pkg. Active Dry Yeast
½ cup Warm Water
8 cup All-Purpose Flour
1 pkg. (3-4 oz.) Instant Vanilla Pudding
2 cups Warm Milk
2 Eggs, Lightly Beaten
½ cup Sugar
½ cup Oil
2 Tsp. Salt
¼ cup Margarine, Melted
FILLING: 1 cup Packed Brown Sugar
2 Tsp. Cinnamon
GLAZE: 1 cup Confectioners' Sugar
1-2 Tbls. Milk
¼ Tsp. Vanilla Extract

In a mixing bowl, dissolve yeast in Water. Add Flour, Pudding, Warm Milk, Eggs, Sugar, Oil and Salt; Mix well (do not knead). Place in a greased bowl; turn once to grease top. Cover and let rise in warm place until doubled, about one hour. Punch down. Turn onto a lightly floured board; divide in half. Roll each half into a 12 x 8 in. rectangle; brush melted Butter. Combine filling ingredients; spread over dough. Roll up from long side; seal seam. Slice each roll into 12 rolls; place cut side down in two greased 13 x 9 x 2 in. baking pans. Cover and let rise until nearly doubled, 45 minutes. Bake at 350* for 25-30 minutes or until golden brown. combine glaze ingredients; drizzle over rolls. Cool in pans on wire racks.

STREUSEL-TOPPED BLUEBERRY MUFFINS

Susan Curtiss

1½ C. plus ⅓ C. flour, divided
½ C. plus ⅓ C. sugar, divided
1 t. cinnamon
3 T. butter or margarine cut in small pieces
2 T. baking powder
½ t. salt
1 C. milk
¼ C. butter or margarine, melted & sightly cooled
1 egg, beaten
1 t. vanilla
1 C. fresh blueberries

Preheat oven to 375°. Grease or paper line 12 muffin cups. Combine ⅓ C. flour, ⅓ C. sugar & cinnamon in small bowl; mix well. Cut in 3 T. butter with pastry blender until mixture resembles coarse crumbs; set aside for topping. Combine remaining 1½ C. flour, ½ C sugar, baking powder, and salt in large bowl. Combine milk, 1/4 C. melted butter, egg, and vanilla in small bowl until well blended. Stir into flour mixture just until moistened. Do Not over mix. Fold in blueberries. Spoon

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into muffin cups. Sprinkle with reserved topping over top of each muffin. Bake at 20 to 25 minutes or until wooden pick comes out clean.

TEXAS YEAST BISCUITS

Gloria Robins

1 package action dry yeast	**¼ tsp. salt**
¾ cup lukewarm water	**2 T. sugar**
2 cup flour	**3 T. melted margarine**

Dissolve yeast in warm water. Combine flour, salt, and sugar. Sift together. Pour yeast mixture and melted butter into flour mixture. Knead to a smooth dough. Roll out about ½ inch thick on a lightly floured board. Place cut out biscuits in lightly greased pan. Let rise in a warm place about 30 minutes. Bake at 425 degrees for 12 minutes.

Recipe Favorites

Pies, Pastry & Desserts

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.

- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Next time you're making pie, pull out the required crusts.

- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.

- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.

- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.

- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.

- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.

- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.

- When cutting up dried fruit, it sometimes sticks to the blade of the knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.

- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.

Pies, Pastry & Desserts

Pies

ANGEL PIE

In memory of Marjorie Ballard

4 eggs
1 lemon, juiced & rind
1 orange, juiced
1 tsp. cream of tartar
1½ cup sugar
1 cup whipping cream

Beat egg whites till foamy. Add cream of tartar and beat stiff. Add 1 cup sugar slowly. Put mixture in buttered pie tin. Bake 1 hour at 250 degrees. Let cool. Let set in oven to cool or continue to bake 10 - 15 minutes. Beat egg yolks light and add lemon and orange juice and grated rind. Over low heat, heat in double boiler with ⅓ cup sugar. Cook until thick, COOL. Whip ⅓ of the cream and add to egg mixture. Spread on top of shell. Whip remainder and spread on top. Chill 24 hours or freeze before using.

BEST EVER LEMON PIE

Mary Tudor

1 baked 9-inch Deep Pie Shell
1¼ c. Sugar
6 T. Cornstarch
2 c. Water
⅓ c. Lemon Juice
3 eggs, separated
3 T. Butter
1½ tsp. Lemon Extract
2 tsp. Vinegar

Mix sugar and cornstarch together in top of double boiler. Add the two cups of water. Combine egg yolks with juice and beat. Add to rest of mixture. Cook until thick over boiling water for 25 minutes. This does away with starchy taste. Now add lemon extract, butter, and vinegar. Stir thoroughly. Pour into pie shell and let cool. Cover with meringue and brown in oven.

CHOCOLATE CHIP PECAN PIE

Evelyn Stegman

1 cup White Syrup
¼ cup Butter, Melted
3 Eggs
1½ cups Pecans, Chopped
½ cup Sugar
1 Tsp. Vanilla
6 oz. Pkg. Chocolate Chips
1 Unbaked Pie Crust

Mix well filling ingredients. Stir in Chocolate Chips and Pecans. Bake at 325 * for 55 to 65 minutes until filling is set.10 Servings

CHOCOLATE PIE

In memory of Lydia Gatton

2½ T. cocoa
2 cup milk
1 cup sugar
6 tsp. flour
pinch of salt
2 egg yolks, slightly beaten
½ cup milk
2 T. butter
1 tsp. vanilla

Cook cocoa, sugar, flour, salt, and 2 cups milk until boiling. Combine ½ cup milk to egg yolks and beat together. Then add to cooked mixture and cook until thick. Remove from heat and add butter and vanilla. Let cool while you make meringue. Add chocolate filling to baked pie shell. Top with meringue and bake until meringue is golden brown.

COCONUT PIE

Marilee Huslig

3 eggs beat some
1½ cup sugar
½ cup melted oleo
4 t. lemon juice
1 t. vanilla
1⅓ cup coconut

Beat together eggs, sugar, oleo, lemon juice and vanilla- don't over beat it- fold in coconut pour into 9 inch pie crust and bake at 350 degrees for 45 minutes or till knife inserted in center comes out clean.

COCONUT PIE

Glenda Heinz

1 cup sugar
2 Tbs. Cornstarch
2 Tbs. Flour
2 Cups Milk
2 Egg Yolks
Pinch of salt
¼ tsp. butter
½ tsp. vanilla
coconut

Mix sugar, cornstarch, flour, salt and 1½ cup milk together. Add egg yolks and ½ cup milk to mixture and cook. Then add butter and vanilla and coconut. Pour into pie shell.

CREAM CHEESE PEACH PIE

Rosemary Robl

16 oz. can sliced peaches or 3 fresh ones
¾ C. flour
1 t. baking powder
½ t. salt
3 T. soft butter
1 egg
½ C. milk
1 box regular vanilla pudding mix Not Instant
2 T. sugar
Topping:
½ C. sugar
6 oz. cream cheese, softened
3 T. peach juice, saved from above
1 T. sugar
1 t. cinnamon

One hour before mixing, slice peaches into strainer and save juice. If using fresh peaches, sprinkle with 2 T. sugar. Mix flour, baking powder, salt, butter, egg, milk, pudding, and sugar; for 2 minutes at medium speed. Pour into 9 inch deep pie pan. Arrange peaches on top of batter. Topping Mix: Mix sugar, cream cheese, peach juice; beat 2 minutes. Spread over peaches within 1 inch of pan edge. Sprinkle with sugar cinnamon mixture. Bake at 350° for 35 minutes. Makes 6 servings.

DELICIOUS CHERRY PIE

Marla Habiger

pastry for 2 9 inch pie crust
2 cans pitted red tart cherries
1⅓ C. sugar
⅓ C. flour
2 T. margarine
¼ t. almond extract, optional

(continued)

Heat oven to 425°. Prepare pastry for pie. In bowl combine the cherries(-drained), sugar, flour and almond extract. Mix and turn into pastry lined pie pan. Dot with the margarine. Cover with top crust. Cut slits in top crust. Seal and flute edges. Bake 35 minutes or until crust is brown and mixture is bubbly.

DUTCH APPLE PIE

Eileen Huslig

1 unbaked pie shell
4 large apples
¾ c. sugar
1 tsp. cinnamon
¾ c. flour
⅓ c. oleo

Peel and slice apples. Mix ½ c. of the sugar with cinnamon and mix apples. Spread into shell. Sift remaining sugar with flour. Work oleo into flour mixture. Spread over apples. bake at 450 for 15 minutes. Reduce temp. to 350 for another 30 minutes.

DUTCH APPLE PIE

Frances Reichuber

4-6 apples
butter
cinnamon
½ cup sugar
4 Tb. water or cream
1 cup flour
⅔ cup brown sugar
3-4 Tb. butter

Slice apples into a buttered pan. Dot with butter. Sprinkle with cinnamon. Cover with sugar and water. Mix flour, brown sugar, and butter. Pat onto apple mixture. Bake about 45 minutes.

FRESH PEACH PIE

Karen Kramp

Crust:
½ C. margarine
1 C. flour
2 T. sugar
Chopped nuts
Filling:
1 C. water
1 C. sugar
3 T. cornstarch
3 T. peach gelatin
2 -peeled, sliced fresh peaches
Additional peaches

Preheat oven to 350°. While it is warming, melt margarine in 9 inch pie pan in oven. Then add flour, and 2 T. sugar. Stir and pat in bottom and

(continued)

sides of the pie pan. Sprinkle some chopped nuts, as much as you desire, over bottom of crust, press in. Bake until light brown, 12 to 15 minutes. Cool. Cook water, sugar, and cornstarch until thickened. Add peach gelatin. Add 2 sliced peaches to this hot mixture. Cool until lukewarm. Slice more peaches in bottom of cooled crust. Pour glaze over peaches and refrigerate. Top with whipped cream, if desired.

FRESH PEACH PIE

Marla Habiger

6 peeled peaches
1 C. sugar
2 T. flour
1 T. cinnamon
1 t. nutmeg
1 C. half and half cream
pastry for 9 or 10 inch pie, one crust

Heat oven to 350°. Prepare pastry for 9 or 10 inch pie, one crust. In bowl combine peeled and sliced peaches with sugar, flour, cinnamon and nutmeg. Mix and turn into pie pan. Pour the half and half over the peach mixture. Bake 1 hour.

FRUIT 'N' NUT CHERRY PIE

Kim Morgenstern

1 can 21 oz. cherry pie filling
1 can 20 oz. crushed pineapple, undrained
¾ C. sugar
1 T. cornstarch
1 t. red food coloring, optional
4 medium firm bananas, sliced
½ C. chopped pecans or walnuts
2-9 inch pastry shells, baked
whipped cream

In sauce pan, combine pie filling,pineapple,sugar,cornstarch, and food coloring; mix well. Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 minutes. Cool. Fold in bananas and nuts. Pour into pie shells. Chill 2 to 3 hours. Garnish with whipped cream.

GRANDMA'S APPLE PIE FILLING

Karrie Hammeke

¾ c. Sugar
2-3 T. Flour
¼ tsp. Cinnamon
5 c. peeled and sliced Apples
2 T. Butter

(continued)

Combine sugar, flour, and cinnamon. Add to apples and mix lightly. Spread in 9 inch pie pan. Dot with butter. Put on your top crust. Bake at 400° for 45 minutes.

IMPOSSIBLE PUMPKIN PIE

Frances Reichuber

¾ cup sugar
½ cup Bisquick or flour
2 Tb. margarine or butter
1 13 oz. can evaporated milk
2 eggs
1 16 oz. can pumpkin
2½ tsp. pumpkin pie spice

Grease a 9 or 10 inch pie plate. Beat sugar, Bisquick, butter, evaporated milk, eggs, pumpkin and spice until smooth. Bake 50 - 55 minutes in a 350 degree oven. Garnish with whipped cream

KEY WEST LIME PIE

Marla Habiger

1-9 inch graham cracker crust pie shell
4 oz. lime juice, preferably key west brand
1-14 oz. can sweetened condensed milk
4-egg yolks
1 C. whipped cream, optional

Mix milk and egg yolks on low. Add juice and continue mixing until well blended. Pour into pie shell and bake at 350° for 15 minutes. When cooled top with whipped cream. Keep refrigerated.

OUT OF THIS WORLD PIE

Marilee Huslig

1 3 oz. cherry Jello
1 20 oz. can cherry pie filling
½ cup sugar
1 Tbs. cornstarch
1 can of crushed pineapple and juice
1 tsp. red food coloring
6 bananas sliced
1 cup chopped pecans
whipped topping

Put pie filling and pineapple in a 3 quart pan and bring to a boil. Mix sugar and cornstarch together add to pan and boil one minute. Cool and add 6 bananas and pecans. Mix together and put into 2 10 inch

(continued)

baked pie shells. Cover with whipped topping and sprinkle with more nuts.

PECAN PIE

Frances Reichuber

1 box instant butterscotch pudding
1 cup dark corn syrup
1 12 oz. can evaporated milk
2 eggs
1 cup chopped pecans
1 9 inch unbaked pie shell

Blend pudding mix with corn syrup. Gradually add evaporated milk and slightly beaten eggs, stirring to blend. Add chopped pecans. Pour into 9 inch unbaked pie shell. Bake at 375 degrees for about 55 minutes or until pie is set. Serves 6.

SOUR CREAM DATE PIE

Adrianna Dierolf

1 C. dates
1 C. sour cream
½ C. white sugar
½ C. white Karo syrup
2 eggs
1 T. flour
1 t. vanilla

Put dates in bottom of raw pie crust. Mix sour cream, sugar, syrup, eggs, flour, and vanilla together and pour over dates. Bake in a 400° oven for 10 minutes; then reduce heat to 325 ° and continue to bake for 25 to 30 minutes or until knife comes out clean when inserted into pie. May be mixed up the day before.

SOUR CREAM RAISIN PIE

In memory of Julia Yarmer

¾ C. sugar
1 t. cornstarch
¼ t. salt
½ t. cinnamon
½ t. nutmeg
¼ t. ground cloves
1 C. sour cream
1 t. lemon juice
1¼ C. of raisins
2 beaten egg yolks
½ C. chopped nuts
8 inch pie shell

Make sour cream by stirring one tablespoon of vinegar in sweet cream or half and half, let stand 15 minutes. Cover raisins with water and heat,

(continued)

drain. Combine sugar,cornstarch,salt,cinnamon,nutmeg,and cloves; stir in sour cream and lemon juice. Add raisins, bring to a boil over medium heat stirring constantly, cook and stir until thick. remove from heat and stir in egg yolks, cook and stir one minute, add nuts. Pour into pie crust, bake in preheated oven at 425° for 10 minutes, reduce heat to 350° and cook until crust is done.

STRAWBERRY PIE

Corrine Batchman

1 C. sugar
¾ C. water
3 T. cornstarch
3 T. strawberry Jello
fresh strawberries

Cook sugar, water, and cornstarch together until clear. Add 3 T. strawberry Jello and mix well. Cool and pour over fresh strawberries in a baked 9 inch pie shell.

SUGAR - FREE LEMON PIE

Bernita Clair

2-1 oz. packages vanilla sugar free pudding mix
1½ oz. container sugar free lemonade drink mix- crystal light
4-packets sugar substitute equal
2¾ C. fat free milk
1-8 oz. container fat free frozen whipped topping- thawed
2-9 inch graham cracker crusts

Combine pudding, lemonade drink mix, and sugar substitute in a medium bowl, stirring well. Add milk, beating with a wire whisk until thickened; gently fold in whipped topping. Spoon mixture evenly into crusts. Garnish with lemon rind if desired. Cover and chill at least 3 hours or freeze at least 8 hours. Serves 16. This recipe makes 2 pies, chill one and freeze the other one for later.

SUGAR FREE CHERRY PIE

Ruth Corbett

1 Baked 9" Pie Shell
2 Cups Pitted Tart Cherries
1 Pkg. Cook & Serve Sugar Free Vanilla Pudding
1 Pkg. Sugar free Cherry Jello
2 Tsp. Sweet & Low

(continued)

Combine Cherry Juice & Pudding Mix, Cook Until Thick and Bubbly. Take Off the Heat & Stir in Jello. Then Sweetener. Then Cherries. Put Cool Whip on top. 1 Starch ½ Fat ½ Fruit

SUGARLESS APPLE PIE

Bernita Clair

1-6 oz. can apple juice concentrate
2 T. cornstarch
1 T. margarine
1 T. cinnamon
5 large apples
salt to taste

Heat juice and thicken with cornstarch; add margarine, salt and cinnamon, stir well. Peel and slice apples and pour thickened juice over them and stir. Pour into pie shell and cover with crust. Bake at 350° for 45 minutes or until done.

SWEDISH APPLE PIE

Bernice Petz

2½ cups sliced apples
½ cup sugar
1 tsp. cinnamon
1 egg
¾ cup melted oleo
1 cup sugar
1 cup flour
⅛ tsp. salt
½ cup chopped pecans

Mix first three ingredients and place in deep dish pie plate. Slightly beat egg, add remaining ingredients. Spread over apple mixture. Bake at 350* for 45-50 minutes. (This mixture makes its own pie crust).

Pastry

APRICOT CRESCENTS

Bertha Achatz

1 C. butter
2 C. flour
1 egg yolk
½ C. sour cream
½ C. apricot preserves
½ C. flaked coconut
¼ C. finely chopped pecans
sugar

(continued)

In a bowl, cut butter into flour until the mixture resembles coarse crumbs. Beat egg yolk and sour cream; add to crumb mixture and mix well. Chill several hours or overnight. Divide dough into fourths. On a sugared surface, roll each portion into a 10 inch circle. Turn dough over to sugar top side. Combine preserves, coconut, and pecans; spread over circles. Cut each circle into 12 wedges and roll each wedge into a crescent shape, starting at the wide end. Sprinkle with sugar. Place points down 1 inch apart on ungreased baking sheets. Bake at 350° for 15 to 17 minutes or until set and very lightly browned. Immediately remove to wire racks to cool.

GOOD AND EASY PIE CRUST

Gloria Robins

3 cup flour
1 tsp. salt
⅓ cup water
1 cup oil

Mix flour and salt. With fork, stir in water and oil. Divide into two balls and roll out between waxed papers. Bake at 450 degrees for 8 - 10 minutes.

PIE CRUST

Genie Steffan

3 lbs. Crisco
5 lbs. flour
salt
cold water

This is a recipe for pie crust ahead of time and having it on hand. Place 3 lbs. of Crisco and 5 lbs. of flour in a very large bowl. Mix like you would for pie crust. Freeze it or put it in refrigerator. It can be kept on the shelf if not for too long. When you want to make a pie, take out as much as you want, add cold water and a little salt. I use about 2 cups of mix to ¼ cup cold water and a little salt. This is a very good crust.

PIE CRUST

Marilee Huslig

3 cups flour spooned in a cup
½ tsp. salt
1¼ c. corn oil oleo
1 egg
1 Tbs. cider vinegar
5 Tbs. cold water

Put flour, salt and oleo in large mixing bowl cut in on low speed-moving bowl back and forth remove beaters. Mix eggs, water and vinegar in

(continued)

cup and add to flour mixture. Mix in with spatula and work into a ball by hands. Will keep in refrigerator more than a week.

Desserts

ANGEL DELIGHT

Lorene Schartz

1 env. gelatin
¼ cup cold water
6 egg yolks
¾ cup sugar
1 small can concentrated lemonade, thawed
1 Angel Food cake
vanilla wafer crumbs
6 egg whites
¾ cup sugar

Dissolve gelatin in ¼ cup cold water. Beat 6 egg yolks until thick. Add ¾ cup sugar and 1 can lemon juice. Cook over hot water until coats spoon or thickened. Remove from fire and add gelatin. beat egg whites until stiff. Add ¾ cup sugar, gradually. Fold in yolk mixture and pour over angel food cake which has been broken into pieces. Top with vanilla wafer crumbs. Chill for 24 hours. Use 11 by 13 inch cake pan. Serves 12.

APPLE MALLOW YAM BAKE

Mary Robl

2 Apples, sliced
⅓ c. Chopped Pecans
½ c. Brown Sugar, packed
½ tsp. Cinnamon
2 - 17 oz. cans Yams or Sweet Potatoes, drained
¼ c. Oleo
2 c. Miniature Marshmallows

Toss apple and nuts with sugar and cinnamon. Alternate layers of apples and yams in 1½ quart casserole dish. Dot the oleo. Cover. Bake 350° for 35-40 minutes. Sprinkle marshmallows over top. Broil uncovered until lightly browned. Servings: 6-8

APPLE OR PEAR CRISP

Lisa McMullen

1 c. sugar
1½ cup flour
1½ stick oleo
2 tsp. cinnamon
¼ c. sugar
Apples or Pears enough to fill a 9 x 13 inch pan

Cover your 9 x 13 inch pan with sliced pears, sprinkle with sugar and cinnamon more sugar for apples. Mix sugar, flour, oleo and sprinkle over top of fruit and bake in 450° for 10 minutes 350° for about 35 to 40 minutes.

APPLE WALNUT SQUARES

Genie Steffan

½ c. Shortening
1 c. Sugar
1 Egg
1½ c. All-Purpose Flour
1½ tsp. Baking Soda
½ tsp. Salt
2½ c. finely chopped tart Apples
¼ c. packed Brown Sugar
1 c. Chopped Nuts
1 tsp. Cinnamon
1 tsp. Vanilla

In mixing bowl, cream shortening and sugar. Beat in egg. Combine baking soda, salt, and flour. Gradually add to creamed mixture. Mix well, dough will be stiff. Stir in apples. Spread batter into 9 x 13 x 2 inch baking dish. Combine brown sugar, walnuts, cinnamon, and vanilla. Sprinkle over batter. Bake at 350° for 30 to 35 minutes or until golden brown.

APRICOT BARS

Bertha Achatz

¾ c. Butter
1 c. Sugar
2 c. Flour
½ tsp. Salt
½ tsp. Soda
2 c. dried Apricots
¾ c. Sugar
½ c. Water
Coconut
Nuts

Cream butter and sugar. Sift together flour, salt, and soda. Add to cream mixture. Spread 3 cups crumbs into ungreased 15 x 10 x 1/2 baking pan. Bake at 400° for 10 minutes. Cook apricots in water until thick.

(continued)

Stir in sugar. Spread on baked layer. Sprinkle with coconut and nuts. Then spread the rest of the crumbs over the apricot filling. Bake at 400° for 15-20 minutes. Cool and cut into small squares.

BANANA SPLIT CAKE

Terri Huslig

1 stick margarine
1 to 2 cups graham crackers (crushed)
1 stick margarine
2 eggs
2 to 3 cups powdered sugar
3 to 4 bananas (sliced)
1 can crushed pineapple (drained)
1-8 oz. tub whipped topping
1 cup chopped walnuts

Melt 1 stick margarine in 9 x 13 pan. Add the crushed graham crackers to the melted margarine, mix with fork and spread in bottom of pan. Chill. Mix together 1 stick margarine, eggs and powdered sugar until thick and creamy. You may need to add more powdered sugar to make thick. Spread over graham cracker crust. Slice bananas and spread over powdered sugar layer and then spread the drained pineapple over the banana layer. Spread whipped topping over pineapple layer and then sprinkle the chopped walnuts over the whipped topping. Chill until ready to serve. "Guaranteed NOT to be fat-free or sugar-free!!!"

BANANA SPLIT SUPREME

Mary Robl

¾ c. Butter, divided
2 c. Sugar
1 c. Evaporated Milk
¾ c. Semisweet Chocolate Chips
24 Cream-Filled Chocolate Sandwich Cookies, crushed
3 to 4 Firm Bananas, cut into ½ inch slices
2 quarts Vanilla Ice Cream, softened and divided
1 - 20 oz. can Pineapple, crushed and drained
1 - 10 oz. jar Maraschino Cherries, drained and halved
¾ c. chopped Pecans
Whipped Topping, optional

In a saucepan, combine ½ cup butter, sugar, milk, and chocolate chips. Bring to a boil over medium heat. Boil and stir for 8 minutes. Remove from the heat and cool completely. Meanwhile, melt the remaining butter and toss with cookie crumbs. Press into a greased 9 x 13 x 2 pan. Freeze for 15 minutes. Arrange banana slices over crust. Spread

(continued)

with 1 quart of ice cream. Top with 1 cup of chocolate sauce. Freeze for 1 hour. Refrigerate remaining chocolate sauce. Spread the remaining ice cream over dessert. Top with pineapple, cherries, and pecans. Cover and freeze several hours. Remove for the freezer 10 minutes before serving. Reheat the chocolate sauce. Cut dessert into squares, serve with chocolate sauce and whipped topping. Servings: 12 to 15

BEST-ICE CREAM

Glenda Heinz

½ gallon milk
2 cans of Eagle Brand condensed milk
4 Eggs
1 cup sugar
½ tsp. salt
vanilla flavoring to taste

Mix all together in a mixer. Pour into an ice cream maker. May add chocolate or your favorite flavoring to the mixture.

BLUE PLUM COBBLER

Karen Kramp

4 C. blue plum halves
2 T. flour
1 C. sugar
1 T. margarine
1½ C. flour
½ t. salt
1 T. baking powder
¼ C. sugar
1 egg
milk
¼ C. vegetable oil
3 T. sugar
½ t. cinnamon
1 T. finely chopped nuts

Arrange plum halves in 13 x 9 inch baking dish. Cover with mixture of, 2 T. flour and 1 C. sugar. Dot with margarine. Bake uncovered in hot oven, 425°, until fruit juice bubbles, about 20 minutes. Combine 1½ C flour, salt, baking powder, and ¼ C. sugar together in bowl. Place egg in measuring cup; add enough milk to make ½ C. Add oil; mix together. Pour into the dry ingredients and stir only until all is dampened. Dough is quite soft. Drop half teaspoonfuls of batter over fruit. Mix 3 T. sugar, cinnamon, and nuts together and sprinkle over dough. Bake at 425° for 15 to 20 minutes or until brown.

BREAD PUDDING FOR TWO

Viola Eggers

1 c. soft Bread Cubes	½ tsp. Cinnamon
1 Egg	¼ tsp. Nutmeg
⅔ c. milk	Dash Salt
3 T. Brown Sugar	⅓ c. Raisins
1 T. Oleo, melted	

Place bread in greased 1 quart baking dish. Whisk egg and milk. Stir in brown sugar, oleo, nutmeg, cinnamon, and salt. Pour over bread. Sprinkle with raisins. Bake uncovered at 350° for 30 to 35 minutes or until knife inserted near center comes out clean.

BUTTERFINGER DESSERT

Un Known

1½ packages graham crackers	1-8 oz. Cool Whip
¾ C. butter, melted	30 saltine crackers
2-3½ oz. packages instant vanilla pudding	2 C. milk
1 qt. vanilla ice cream- softened	3 large butterfinger bars

Crush graham and saltine crackers and combine with melted butter(save ½ C. for top). Press crumb mixture in 9 x 13 inch pan. Mix pudding mix with milk. Beat 1 minute on low with mixer. Add softened ice cream and stir until mixed. Pour into crust. Chill 1 hour. Top with Cool Whip. Crush candy bars, combined with saved crumbs and sprinkle on top of dessert. Keep in refrigerator.

CHERRY PUDDING

Mamie Robl

1 C. flour	⅔ C. milk
2 t. baking powder	½ C. oleo
½ t. salt	1 can cherry pie filling
1 C. sugar	Cool Whip or ice cream

Mix the following: flour, baking powder, salt, sugar, and milk and spread in a 9 x 13 inch greased cake pan. Dot top of dough with ½ C. oleo cut in slices. Spread 1 can cherry pie filling on top. Dough will raise to the top during baking. Bake at 350° for 35 to 45 minutes. Top with Cool Whip or ice cream.

CHOCOLATE PEANUT SQUARES

Yvonne Strecker

¼ c. butter or margarine
¾ c. packed brown sugar
1 egg
1 tsp. vanilla
¼ c. peanut butter plain or chunky
½ tsp. each of baking powder and baking soda
¼ c. unsalted roasted peanuts, chopped
1 pkg. [6 oz.] semi-sweet chocolate pieces

Melt butter in large saucepan. Remove from heat. Stir in sugar, egg, vanilla and peanut butter, mixing well. In separate bowl, mix flour, baking powder, and baking soda. Add to butter mixture, along with peanuts and chocolate pieces, blending well. Turn into greased 8 inch square pan, spreading evenly. Bake at 350 for 25 minutes or until tester inserted in center comes out clean. Cool in pan on wire rack. Cut into 18 squared. Remove from pan and store in airtight container. Bars can also be frozen.

CHOCOLATE ZUCCHINI BROWNIES

Ellen Shanteau

2 C. flour
½ t. salt
½ C. cocoa
1¼ C. sugar
1¼ t. soda
2 C. grated un peeled zucchini
½ C. oil
2 t. vanilla
½ C. chopped nuts
½ t. cinnamon

Mix flour,salt,cocoa,sugar,soda,zucchini,oil, and vanilla. Mixture will be stiff. Grease and flour 10 x 15 jelly roll pan. Press mixture into pan. Bake in 350° oven for 20 minutes. May be frosted or just sprinkle with powdered sugar. Freezes well too.

CHUNK-STYLE APPLESAUCE

Karen Kramp

18 to 20 large cooking apples
1 c. water
1½ to 2 tsp. cinnamon
1 to 1½ c. sugar

Peel, core and slice apples mix with water, cinnamon and sugar and put into crock pot. Cover and cook on low 8 to 10 hours. On high for 3 to 4 hours. Serve warm. Optional you may leave peels on the apples, it's less work and it is more fiber for you.

CINNAMON APPLE RAISIN CRISP

Sherrie Siefers

1/2 C. flour
1/2 C. quick oats
½ C., plus 2 T. firmly packed brown sugar, divided
1¼ t. cinnamon, divided
1/4 C. butter
1 C. water
1/2 C. raisins
2 T. quick-cooking tapioca
1/4 t. nutmeg
5 C. thinly sliced peeled apples

Mix flour, oats, 2 T. of the brown sugar, and ¼ t. of the cinnamon in medium bowl. Cut butter until mixture resembles coarse crumbs. Mix water, remaining 1/2 C. brown sugar, raisins, tapioca, remaining 1 t. cinnamon and nutmeg in large saucepan. Stir in apples. Stirring occasionally, cook on medium heat until mixture comes to a full boil. Pour into 8 inch square baking dish and top with dry mixture. Bake for 30 to 35 minutes in a 350° oven. Let stand 15 minutes.

CRANBERRY SHERBET

Stella Hirsch

1 lb. cranberries
2 cups boiling water
1 tsp. unflavored gelatin
¼ cup cold water
2 cups sugar
1 pint ginger ale

Cook cranberries in hot water until skin pops. Press through strainer. Add gelatin softened in cold water. Add sugar and stir until dissolved. Cool and add ginger ale. Fast freeze in ice cube tray to mushy consistency. Turn into mixing bowl and beat with electric mixer. Freeze again until firm in tray or in paper cups. Serves 8 to 10.

DATE NUT PUDDING

Joyce Schulte

1 C. nuts pecan or walnut
1 C. dates
1 C. sugar
3 eggs separated
2½ T. flour
1 t. baking powder

Preheat oven to 350°. Grease a shallow 8 x 8 pan. Cut dates and nuts but not too fine. Beat egg yolks til lemon in color. Beat egg whites til stiff. Fold all ingredients together. Pour into 8 x 8 pan and bake til set. Serve with whipped cream.

EASY BLACK FOREST TORTE

Debbie Herrman

5 cups miniature marshmallows	1 can, 21 oz., cherry pie filling
1 pkg. 18 oz., chocolate cake mix	1 carton, 8 oz. Cool Whip

Sprinkle marshmallows in a greased 13 x 9 pan. Prepare cake batter according to directions and pour over the marshmallows. Spoon pie filling over the batter. Bake at 350 degrees for 1' hour. Cool. Frost with Cool Whip.

FOUR LAYER CHOCOLATE PIE

Melanie zink

1 cup flour
1 cup pecan nuts
1 stick butter
8 oz. pkg. cream cheese
1 cup powdered sugar
3 tsp. milk
1 tub Cool Whip
1 box instant chocolate pudding
1 box instant vanilla pudding
3 cup milk
Hershey bar, optional

First layer: Melt butter, mix with flour and nuts. Pat into 8 x 12 pan or for thicker pie put into an 8 x 8 pan. Bake 25 minutes. Cool. Second layer: Blend together cream cheese, powdered sugar and 3 tsp. milk. Fold in 1 cup Cool Whip. Spread on top of crust. Third layer: Mix chocolate pudding and vanilla pudding with 3 cup milk. Spread over cream cheese mixture. Fourth layer: Spread rest of Cool Whip over pudding mixture. Sprinkle with nuts or shave a Hershey bar over the top.

Note: Best to chill overnight. Cut like cake. Serves 12-15

FRENCH BLUEBERRY DESSERT

Connie Potts

1 c. margarine
2 c. flour
1 c. halved pecans
1½ c. brown sugar
1 8 oz. cream cheese
1 c. powdered sugar
2 Large containers Cool Whip
1 can blueberry pie filling

Mix margarine, flour, pecans, brown sugar with hand, like pie dough. Press into 9 x 13 pan. Bake 15 minutes at 400°. Stir up and crumble, put back in pan, let cool. Cream 8 oz. package of cream cheese with

(continued)

powdered sugar. Add Cool Whip to cheese mixture, place on cool crust, top with 1 can blueberry pie filling. Refrigerate.

FRUIT COBBLER

Helen Hickel

1½ c. sugar	**2 tsp. baking powder**
1½ c. flour	**1¼ c. milk**

Preheat oven to 325. Melt 1 stick margarine in 13 by 9 inch baking dish. Mix batter and pour over melted shortening, but do not stir. Arrange 4 cups fruit over batter, add another ½ to 1 cup sugar, depending on the fruit. Bake at least 1 hour.

GRAHAM MARSHMALLOW ROLL

Susie Schlochtermeier

12-graham crackers
¾ C dates, cut in small pieces
16 marshmallows, or equal amount in miniatures
⅓ C. thin cream, or condensed milk
½ t. vanilla
½ C. nuts

Roll crackers until they are fine crumbs. Reserve ⅓ C. To remainder of crumbs add nuts, dates, marshmallows, cream and vanilla. Mix well and form into a roll. Lay on waxed paper which has been covered with ⅓ C crumbs, and roll tightly. Refrigerate 24 hours. Slice and serve plain or with whipped cream.

ICE CREAM DESSERT

Mary Liebl

½ C. brown sugar
½ C. oatmeal
1 C. chopped pecans
2 sticks butter, melted
2 C. flour
2 jars caramel ice cream topping
½ gallon ice cream

Mix together: sugar,oatmeal,pecans,butter,and flour. Place dough on cookie sheet, Bake in 400° oven for 15 minutes or until golden brown. Crumble into chunks while warm. Put ½ of crumbs in a 9 x 13 inch pan. Drizzle with 1 jar of caramel ice cream topping. Add a ½ gallon of vanilla ice cream. Cover with remaining crumbs and another jar of caramel topping. Freeze several hours or overnight.

ICEBOX PUDDING

Mary McQuade

1 C. sugar
½ C. butter
2 egg yolks
1 t. vanilla
1 # 2 can of crushed pineapple
egg whites
vanilla wafers

Whip together sugar, butter, egg yolks, and vanilla. Add 1 #2 can of crushed pineapple, beat egg whites stiff and fold in last. Line Pyrex dish with layers of vanilla wafers, then filling. Alternate layers and end with the filling on top. Put in refrigerator until cold or 3 to 4 hours.

ICEBOX SANDWICHES

Jamie Komarek

1 - 3.4 oz. pkg. instant Vanilla Pudding
2 c. cold Milk
2 c. Cool Whip
1 c. miniature semi-sweet Chocolate Chips
48 Graham Cracker Squares

Mix pudding and milk according to package directions. Refrigerate until set. Fold in Cool Whip and chocolate chips. Place 24 graham crackers on a baking sheet. Top each with 3 tablespoons filling. Place another graham cracker on top. Freeze for one hour or until firm. Wrap individually in plastic wrap. Freeze. Serve frozen.

LAYERED PUDDING DESSERT

Helen Hickel

Crust: 1½ c. flour
1½ sticks margarine melted
Mix and press into 9 by 13 pan. Bake at 350 until golden
Filling: 8 oz. pkg. cream cheese
1 c. Cool Whip
1 c. powdered sugar
Mix and spread over cooled crust.
Pudding: 2 pkg. 3 oz. or 1 pkg. 6 oz. instant pudding
3 c. milk

Beat until thickened, spread over cream cheese layer. Add Cool Whip topping plus optional flavored layer using nuts, ice cream topping, or shaved chocolate bar. Refrigerate a few hour before serving.

MINI CHERRY CHEESE CAKES

Ruth Schlochtermeier

2-8 oz. packages cream cheese, softened
3/4 C. sugar
2 eggs
1 T. lemon juice
1 t. vanilla
vanilla wafers
cherry pie filling
slivered almonds-optional

Cream cheese and sugar together. Add eggs, lemon juice and vanilla. Mix well. Line muffin tins with cupcake papers. Place 1 vanilla wafer bottom of each paper. Fill ¾ full with cream cheese mixture. Bake at 325° for 15 minutes. Let cool and top with a spoonful of cherry pie filling. Sprinkle with almonds if desired. A double recipe makes about 3½ dozen.

O'HENRY BARS

1st Grader Macy Gotschall

1 C. sugar
1 C. white syrup
1½ C. peanut butter
1 t. vanilla
6 C. crisp rice cereal
1 package chocolate chips

Bring sugar and syrup to a boil, remove from heat and add peanut butter and vanilla. Stir in Rice Krispies. Butter 12 x 17 inch cookie sheet and hands; press mixture on cookie sheet. Melt chips together in top of double boiler and spread on bars.

PARTY ICE CREAM DESSERT

Marilyn Schartz

2 cups Rice Chex, measured then crushed
1 cup coconut
1 cup pecans, chopped
⅔ cup brown sugar
½ stick margarine
½ gal vanilla ice cream

Mix above (except ice cream). Place on jelly roll pan. Bake 250* 25 minutes. Stir every 10 minutes. Line bottom of 9 x 13 pan or plastic container with half of mixture. Cover crumbs with softened ice cream. Spread rest of crumbs on top. Let stand in freezer overnight. Serves 12-15.

PEACH COBBLER

Shelly Broce

- sliced peaches
- ⅔ cup sugar
- ¼ tsp. sale
- 1 cup flour
- 3 tsp. oleo
- ½ cup milk
- 1 T. baking powder

Lay your peaches on the bottom of a medium size baking dish. Combine the sugar, salt, flour, oleo, milk and baking powder. Mix well and then pour over peaches. In a small bowl combine ⅔ sugar and 1 tsp. cornstarch and mix well. Sprinkle over batter. Bake in 375 degree oven for about 45 minutes or until golden brown.

PEACH DESSERT

Linda Ille

- 1 pkg. butter brickle or yellow cake mix
- ½ C. melted butter
- ¼ t. almond extract
- 29 oz. can peaches with juice
- ½ C. chopped pecans

Grease 9 x 13 inch pan. Pour in can of peaches, juice and all. Sprinkle almond extract over this. Sprinkle dry cake mix and nuts over peaches. Drizzle melted butter over top of this. With fork, press until all is moistened. Bake at 375° for 35 to 45 minutes or until golden brown.

PEACH JELLO

Mary Waite

- 2 - 3 oz. pkg. Peach Jello
- 1 pkg. Vanilla Cook Pudding, dry
- 3 c. Boiling Water
- 2 c. Miniature Marshmallows, optional
- 1 lg. can Peaches, sliced and undrained

Mix Jello, pudding, and water until the Jello and pudding are dissolved. If desired, add marshmallows and microwave until marshmallows are melted. Add peaches with juice. Chill until firm in a 3 quart bowl.

PECAN PUFFS

Stella Hirsch

- 1 cup Crisco shortening
- 2 cups flour
- vanilla
- 4 Tbs. sugar
- 2 cups pecans, chopped
- powdered sugar

Mix shortening, flour, vanilla, sugar and pecans. Make into balls. Makes 40 to 50 balls. Bake at 350 degrees for 30 minutes. Roll in powdered sugar while hot.

PRALINE PUMPKIN MOUSSE

Patricia Shields

- 1 c. Cold Milk
- 1 - 16 oz. can Pumpkin
- 2 - 4 serving size pkgs. Vanilla Instant Pudding
- 1¼ tsp. Pumpkin Pie Spice
- 2 c. Whipped Topping, thawed
- 2 T. Margarine, melted
- ½ c. Pecans or Walnuts, chopped
- ⅓ c. Brown Sugar, firmly packed

Pour milk into large bowl. Add pumpkin, pudding mixes, and spice. Beat with wire whisk for 1 minute or until well mixed. Mixture will be thick. Immediately stir in whipped topping. Spoon into 8 dessert glasses. Refrigerate for 4 hours or until set. Mix margarine, nuts, and sugar in small bowl. Just before serving sprinkle mousse with nut mixture. Servings: 8

PUMPKIN BARS

Ruth Schlochtermeier

- 1 cup oil
- 2 cups sugar
- 2 cups pumpkin
- 4 eggs
- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. soda
- ½ tsp. salt
- 2 tsp. cinnamon
- Frosting:
- 3 oz. cream cheese room temp.
- 1 tsp. vanilla
- ¾ stick of butter or oleo
- 1 Tbs. cream
- 1¾ cup powdered sugar

Mix together oil, sugar, pumpkin, eggs, flour, baking powder, soda, salt, and cinnamon. Bake in cake or jelly roll pan for 20 to 25 minutes at

(continued)

350 degrees. Mix together softened cream cheese, vanilla, butter, cream and powdered sugar. Spread on cooled bars.

PUMPKIN CRUNCH

Bernice Petz

1 15 oz. can pumpkin
¼ cup brown sugar
½ cup white sugar
3 eggs - well beaten
1 cup evaporated milk
1½ tsp. cinnamon
1½ tsp. pumpkin pie spice
¼ tsp. salt
1 box yellow cake mix
¾ cup melted margarine
1 cup chopped pecans

Preheat oven to 350°. Mix first five ingredients in order given. Add spices and salt. Then pour into a well greased 9 x 13 inch Pyrex baking dish. Sprinkle the one box of yellow cake mix over pumpkin mixture. Drizzle the ¾ cup melted margarine over the cake mix. Sprinkle the chopped pecans on top. Bake for 55 minutes. If desired, serve with whipped cream or ice cream. Serves 15-18.

PUMPKIN PUDDING

Joyce Schulte

2 beaten eggs
¾ C. sugar
1½ C. whole milk
2 C. cooked pumpkin
1 t. vanilla
dash of nutmeg
½ t. cinnamon
dash of allspice
pinch of salt

Pre heat oven for 350° Blend eggs,sugar,milk,pumpkin,vanilla,nutmeg,cinnamon,allspice, and salt in a mixer. Place in a buttered 2 or 3 quart baking dish. Place in a water bath and bake 30 to 40 minutes. Serve warm with whipped cream.

SOUTHERN CHOCOLATE GRAVY
(Jojo)

Salina Schwartz

- 4 T. Cocoa
- 4 T. Flour
- 4 T. Sugar
- 2 c. Milk
- 1 tsp. Vanilla
- 1 T. Butter
- 1 can Biscuits

Mix cocoa, flour, and sugar over low heat. Add milk. Stir briskly until thickened. Add vanilla and butter. Pour over biscuits. Servings: 4

SPEEDY RICE PUDDING

Patricia Shields

- 4 c. Milk
- 1 Egg, beaten
- 1 - 3 oz. pkg. cook and serve Vanilla Pudding Mix
- 1 c. Instant Rice, uncooked
- ¼ c. Raisins
- ¼ tsp. Cinnamon
- ⅛ tsp. Nutmeg

In a saucepan, combine milk, egg, and pudding mix. Add rice and raisins. Bring to a boil over medium heat, stirring constantly. Remove from heat. Cool 5 minutes, stirring twice. Pour into individual dishes. Serve immediately or cover with plastic wrap and refrigerate. Sprinkle with nutmeg or cinnamon before serving. Servings: 8-10

TURTLE CAKE

Robin Doll

- 1 package German Chocolate cake mix plus the ingredients to make cake
- 1 package caramels about 50 unwrapped
- 1 can- 5 oz. evaporated milk
- 2 T. butter
- 1 C. semi-sweet chocolate morsels
- ½ C. pecans - chopped

Preheat oven to 350°. Lightly spray 9 x 13 inch pan. Prepare cake mix according to the package directions in large bowl. Pour half about 2½ C. of the batter into pan; spread evenly over bottom. Bake 15 minutes. While cake is baking, microwave caramels with milk and butter on high 3 minutes, stirring after 2 minutes. Stir until mixture is smooth. Slowly pour caramel mixture evenly over partially baked cake. Sprinkle with chocolate morsels. Top with remaining cake batter spreading evenly.

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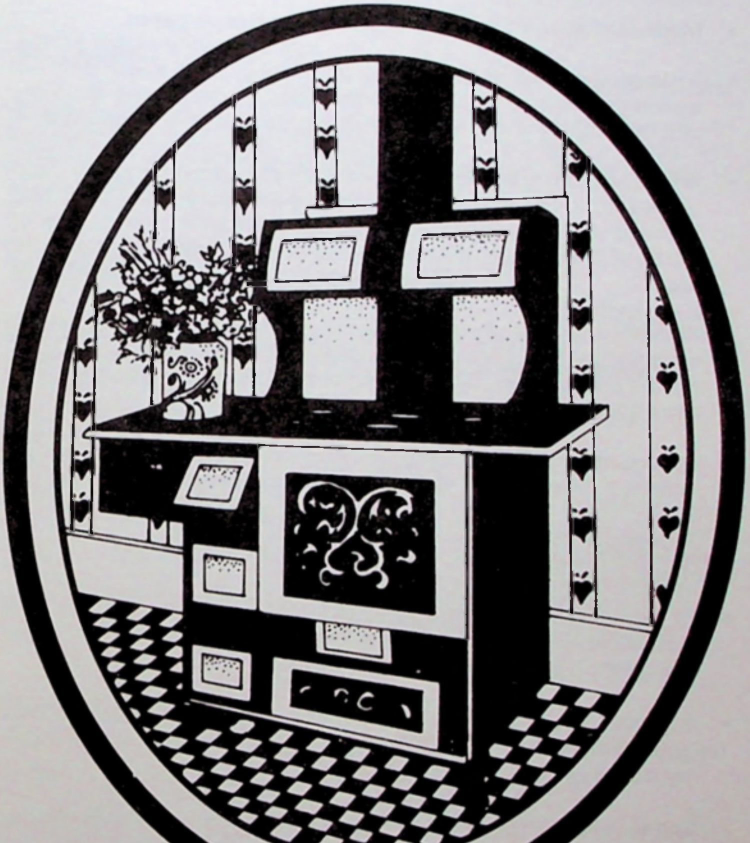
Chop pecans; sprinkle over top. Bake 30 minutes or until center is set. Cool completely. Cut into 24 squares.

Recipe Favorites

Cakes, Cookies & Candy



Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.

- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.

- Marshmallows can be used for candle holders on cakes.

- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.

- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and you can squeeze the chocolate out of the bag.

- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface. The slight melting of the frosting will give it that lustrous appearance.

- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.

- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.

- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.

- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.

- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

Cakes, Cookies & Candy

Cakes

APPLESAUCE CAKE

Yvonne Strecker

Cream ½ cup oleo and 2 cups sugar. Add 1½ cups applesauce unsweetened, ½ cup water with 1 tsp. soda, 1 cup raisins, 1 egg, 2½ cups flour, 1 tsp. baking powder, 1/2 tsp. cinnamon, ½ tsp. cloves, ½ cup nuts and bake.

BANANA AND ZUCCHINI CAKE

Karen Kramp

2 - medium, fully ripe bananas
4 eggs
2 C. sugar
1 C. vegetable oil
1½ C. shredded zucchini
3 C. flour
1½ t. baking soda
1 1/2 t. ground cinnamon
1 t. salt
1½ C. chopped walnuts
1 C. raisins
powdered sugar

Peel and purée bananas in blender should be 1 C. In large bowl, beat eggs, blend in sugar and oil. Beat 1 minute. Add bananas and zucchini. Mix well. Sift together soda, baking powder, cinnamon, and salt. Fold in banana mixture. Stir in nuts and raisins. Pour batter into greased 10" tube pan. Bake at 350° for 50 to 60 minutes, or until done. Cool 20 minutes, then invert on plate. Dust with powdered sugar. Serves 12.

BANANA NUT CAKE

Ethel Ringwald

2 eggs
1½ c. sugar
¼ lb. margarine
2 c. sifted four
½ c. sweet milk
3 medium size ripe bananas
2 tsp. baking powder
pinch of salt
1 tsp. vanilla
1 c. chopped nuts
1 tsp. baking soda

(continued)

Beat eggs well, add sugar and mix. Add margarine, flour and milk alternately. Add baking powder, salt and vanilla. Mix well, add nuts. Combine soda and mashed bananas add to batter. Pour into greased 8 by 11½ inch pan. bake at 350 for 30 to minutes.

BETTER THAN KISSES CAKE

Donna Gales

1 yellow cake mix
1 can crushed pineapple
1 C. sugar
1 large box vanilla instant pudding
1 tub Cool Whip
3 or 4 bananas
½ C. chopped nuts

Cook cake as directed on box. Combine: pineapple, and sugar; cook until pineapple starts to get dark, then spread over top of cake. Slice bananas and layer over the top of the pineapple. Mix up pudding and spread over top of cake covering the pineapple and bananas. Let cake set in refrigerator until pudding sets up. Cover with Cool Whip and top with chopped nuts.

BROWNIES

Kindergartener Cody Clair

1 Stick oleo
4 Eggs
1 tsp. Vanilla
1 c. Sugar
1 c. & 1 T. Flour
1 can Hershey chocolate syrup

Mix all ingredients. Pour into shallow baking pan or cookie sheet with sides. Bake at 350 for 30 minutes. While warm, spread with frosting. FROSTING: 6 T. Butter, 6 T. Milk, 1½ c. Sugar. Boil 2 minutes. Add ½ c. chocolate chips and ½ c. nuts. Beat some. Spread over warm brownies.

BUNTE CAKE

Esther Thul

1 yellow cake mix
1 pkg. vanilla instant pudding
¾ cup oil
4 eggs
1 tsp. vanilla
1 tsp. butter flavoring
¾ cup water
½ cup chopped pecans
¼ cup sugar
1 tsp. cinnamon

Mix cake mix, vanilla pudding, oil, and water. Add 4 eggs. Beat on high for 8 minutes. Add 1 tsp. vanilla and 1 tsp. butter flavoring. Grease and flour angel food cake pan or bundt pan. For topping combine pecans, sugar, and cinnamon. Alternately pour cake mixture and topping mixture into angel food cake pan or bundt pan. Bake at 350 degrees for 40 - 50 minutes. Glaze while warm.

BUTTER RUM CAKE

Mamie Robl

1 box butter cake mix
½ C. cooking oil
1 box instant vanilla pudding
4-whole eggs
1 C. water
1 t. rum flavoring
1 stick margarine
1 C. sugar
⅓ C. water
½ t. rum flavoring

Mix the cake mix, oil, pudding, eggs, 1 C. water, and 1 t. rum flavoring altogether and bake in tube pan for 45 minutes in a 350° oven. While cake is still warm pour syrup over it and let set in pan for 30 minutes. Syrup: Bring to boil margarine, sugar, and ⅓ C. water; then add ½ t. rum flavoring.

CARROT CAKE

Doyle Merriman

1 cup cooking oil
1½ cups granulated sugar
4 eggs
3 cups grated carrots
2 cups all-purpose flour
2 tsp. baking soda
½ tsp. salt
2 tsp. cinnamon
¾ cups chopped walnuts

Preheat oven to 350. Beat cooking oil and sugar together in mixing bowl. Beat in egg one at a time. Stir in carrots. Add remaining ingredients. Fold

(continued)

into moisture. Spread in greased 9 by 13 inch pan. Bake in oven until a toothpick comes out clean, about 45 minutes. Spread with cream cheese icing when cool.

CARROT SHEET CAKE

Connie Roth

4 eggs
1 c. vegetable oil
2 c. sugar
2 c. flour
2 t. baking soda
¼ t. baking powder
2 t. ground cinnamon
½ t. salt
3 c. shredded carrots
⅔ c. walnuts
Frosting:
1 [8 oz.] package of cream cheese, softened
½ c. vanilla
4 c. powdered sugar
⅔ c. chopped walnuts

In a mixing bowl, beat eggs, oil and sugar until smooth. Combine flour, baking soda and baking powder, cinnamon and salt; add to egg mixture and beat well. Stir in carrots and nuts. Pour into a greased 15 by 10 by 1 inch pan. Bake at 350 for 35 minutes or until a toothpick inserted in the center comes out clean. Cool. For frosting, beat the cream cheese, butter and vanilla until smooth; and powdered sugar and mix. Spread over cake. Sprinkle with nuts.

CHEESE CAKE

Joy Wilson

1 box lemon Jello
1 C. water
1 large can pet milk
1 - 8 oz. package cream cheese
1 C. sugar
2 T. lemon juice
1½ C. graham cracker crumbs
¼ C. butter
⅓ C. sugar

In small bowl mix lemon Jello and water; let cool. Chill Pet milk, then whip in large bowl til bowl is full 20 to 30 minutes. In another bowl mix cream cheese with sugar and lemon juice, add milk and whip then add cooled Jello to whip. To make the crust mix together graham cracker crumbs, butter, and sugar. Put in 9 x 12 inch pan; then put cream cheese mixture on top and refrigerate til ready to eat. May top with fruit filling if you desire.

CHERRY REFRIGERATOR CAKE

Joanie Wise

1 white cake mix
1 sm. box red Jello
1 envelope dream whip
1 can cherry pie filling

Mix and bake cake according to box directions. After removing cake from oven, poke holes in it with fork. Mix 1 1/2 c. boiling water with Jello and pour into holes. Cool completely. Mix Dream Whip according to directions and spread on cooled cake. Spoon cherry pie filling on top. Keep refrigerated.

CHOCOLATE UPSIDE DOWN CAKE

Corrine Batchman

1 C. flour
¼ t. salt
3/4 C. sugar
2 t. baking powder
1½ T. cocoa
3 T. melted oleo
½ C. milk
1 t. vanilla
1/2 C. nuts

Sift flour, salt, sugar, baking powder, and cocoa together. Add milk, oleo, vanilla, nuts, and mix. Pour in greased 6¼ x 10 inch pan and cover with hot sauce. Bake at 350° for 35 minutes. Sauce: ½ C. white sugar 1/2 C. brown sugar 5 T. cocoa 1 C. hot water

CHOCOLATE ZUCCHINI CAKE

Frances Reichuber

2½ cups sifted flour
¼ cup cocoa
1 tsp. baking soda
1 tsp. salt
½ cup butter or margarine
½ cup cooking oil
1¾ cup sugar
2 eggs
1 tsp. vanilla
½ cup buttermilk
2 cups grated unpared zucchini, drained
1 6 oz. pkg. semi-sweet chocolate chips
¾ chopped walnuts

Sift flour, cocoa, salt and baking soda together and set aside. Cream butter, oil and sugar in mixing bowl using an electric mixer on medium speed. Beat until light and fluffy. Beat eggs in one at a time in cream mixture, beating well after each addition. Blend vanilla in cream mixture.

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Add flour mixture alternately with buttermilk, beating well after each addition. Stir in zucchini. Bake in a 13 x 9 inch pan for 45 minutes in 350 degree oven

CHOCOLATE ZUCCHINI CAKE

Jalayne Ewing

2 C. sugar
4-eggs
¾ C. salad oil
2 C. all-purpose flour
2 t. cinnamon
1 t. salt
4 T. cocoa
1 t. vanilla
3 C. grated zucchini
1 C. chopped nuts
1 t. soda

Beat eggs, oil, and sugar for 2 minutes. Add flour, cinnamon, salt, and cocoa all at once and mix well by hand until smooth. Stir in vanilla, zucchini and nuts. Pour into greased 13x 9 x 2 inch cake pan. Bake at 350° for 25 to 30 minutes. Frost with cream cheese frosting after letting cake cool til just warm. This freezes well. Cream Cheese Frosting: 3 oz. package cream cheese, softened ½ C. butter 2 C. powdered sugar 2 T. cocoa(optional) 1 t. vanilla Beat cream cheese, butter, sugar, cocoa, and vanilla all together until smooth and spread over cake.

COFFEE BUBBLE

Mary McQuade

½ C. oleo or butter
1 C. brown sugar
1 T. cinnamon
2 T. water

Melt slowly in pan. Cut 2 cans of biscuits(Texas large) into fourths, stir into above mixture when melted. Pour into well greased bundt pan. Bake 20 minutes at 400°. Empty out when baked.

CREAM SHERRY POUND CAKE

Ellen Shanteau

1 pkg. yellow cake mix
1 small pkg. instant vanilla pudding
4 eggs
½ tsp. nutmeg
½ cup oil
¾ cup cream sherry
1 tsp. vanilla

(continued)

Mix cake mix, instant pudding, oil, nutmeg, vanilla. Add eggs one at a time. Add cream sherry and beat 4 minutes. Bake in a greased tube or bundt pan at 325 degrees for 45-50 minutes. Cool enough to remove from pan. Cover with glaze while still warm. For glaze, combine 1 cup powdered sugar, 1 Tb. creamed sherry, 1 tsp. vanilla, 1 Tb. butter or oleo, and 1 Tb. milk. Blend all glaze ingredients well. Cover warm cake.

DELICIOUS LEMON CAKE

Frances Reichuber

1 pkg. lemon supreme cake mix
4 eggs
1 pkg. instant lemon pudding mix
1 cup plus 1 Tb. water
⅓ cup salad oil
1 can of 6 0z. frozen lemonade
2 cups powdered sugar

Mix cake and pudding mix with eggs, water and salad oil. Bake 40 minutes at 350 degrees in a greased 13 x 9 inch pan. Do not over bake. T°haw lemonade and add powdered sugar. Punch top of cake with fork and pour lemonade mixture on top of cake and return to oven for 5 minutes. Do not frost.

EARTH QUAKE CAKE

Joyce Schulte

1 box German chocolate cake mix
1 C. chocolate chips
1 C. chopped pecans
8 oz. cream cheese softened
1 stick oleo, melted
1 lb. box powdered sugar
1 t. vanilla
2 eggs

Preheat oven to 350°. Grease and flour 9 x 13 inch pan. Cover bottom of pan with the chopped pecans and chocolate chips. Mix cake mix according to box directions and pour over the pecan and chips in pan. Combine cream cheese, melted oleo, eggs, powdered sugar, and vanilla. Pour over cake mix and bake 40 minutes. No need to frost.

EASY BANANA CAKE

Mary Ann Kowalsky

1 C. sugar
½ C. Crisco
2 C. flour
½ C. buttermilk
1 t. soda
1 egg
1 T. vanilla
2 mashed bananas

Mix in order: sugar, Crisco, flour, buttermilk, soda, egg, vanilla, and bananas. Pour in pan and bake at 350° oven for 35 minutes or until done. Then put following icing on top. "Icing": 5 T. brown sugar, 3 T. butter or oleo, 2 T. cream. Mix sugar, butter, and cream together and pour on top of cake then put cake back into oven and bake a few minutes.

EGGLESS CAKE

Sue Gillen Ackerman

1 cup brown sugar
1 cup white sugar
½ cup shortening
3 cups flour
1 tsp. cinnamon
¼ tsp. cloves
½ tsp. ginger
1 tsp. salt
2 cups buttermilk with 1 tsp. soda in each cup
1 cup raisins, soaked and drained
1 cup nuts, chopped
1 tsp. vanilla

Soak raisins in water and then drain. Cream together brown sugar, white sugar, and shortening. Sift together flour, cinnamon, cloves, ginger, and salt. Add to creamed mixture along with the buttermilk. Add raisins, nuts, and vanilla. Bake in loaf pan in 350 degree oven for 35-45 minutes

FRESH APPLE CAKE

Joyce Schulte

2-eggs
2 C. sugar
2 C. flour
1½ C. oil or melted butter not oleo
1 C. chopped nuts
3 C. chopped apples
1 t. salt
1 t. soda
1 t. vanilla

Preheat oven to 350°. Peel apples and chop roughly. Beat eggs well. Add sugar, oil, and flavoring to eggs. Mix well. Sift flour, salt, and soda.

(continued)

Add to the egg-sugar mixture. This is a very stiff batter. Add apples and nuts; mix well. If you used oil in cake spray 9 x 13 inch pan with Pam. If butter was used grease and flour 9 x 13 inch pan. Bake 45 minutes to 1 hour, until straw comes out clean.

FRUIT CAKE

Marilee Huslig

½ lb. raisins
½ lb. white raisins
12 oz. cut dates
12 oz. cut walnuts
2½ cups sifted flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
½ tsp. each Al spice, cloves, nutmeg
1 cup corn oil oleo
½ cup packed brown sugar
1 cup dark corn syrup
4 eggs
¼ cup orange juice

Sift together flour, baking powder, salt and spices. Add ½ cup to fruit and nuts. Cream together oleo, sugar, syrup add eggs and mix well. Add flour mixture and juice and mix, fold in fruit and nuts. Grease and line with wax paper 2 9 by 5 by 3 inch pans. Bake at 250 degrees for 4 to 5 hours put a pan of water on bottom shelf of oven Remove pan of water for the last hour of baking.

FRUIT COFFEE CAKE

1st grader Reba Thomas

4 eggs (beaten)
1 c. sugar
1 c. oil
2 c. flour
1 tsp. baking powder
1 tsp. vanilla
1 can fruit pie filling (your choice)

Put eggs, sugar, and oil in bowl and mix; then add flour, baking powder, and vanilla. Pour ½ mixture in 9 x 13 greased pan, spread pie filling over it. Then add rest of mixture on top. Sprinkle with ¼ c. sugar and 1 tsp. cinnamon mixture on top then bake at 350° for 35 minutes Make a powder sugar glaze and drizzle on top of cake.

FRUITCAKE

In memory of Anna Schartz

1 cup butter
1½ cup brown sugar
1 cup sour cream
2 cup flour
3 eggs
1 lb. raisins
½ lb. currants
1 tsp. scraped citron
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. ground cloves
1 cup chopped nuts

Mix butter, sugar, cream, flour, eggs, raisins, currants, citron, soda, cinnamon, nutmeg cloves and nuts together. Bake 1 hour at 350 - 375 degrees.

HOT FUDGE CAKE

Debbie Herrman

1 cup all-purpose flour
¾ cup sugar
6 T. baking powder
2 T. cocoa
½ cup milk
¼ tsp. salt
2 T. vegetable oil
1 tsp. vanilla
1 cup packed brown sugar
1¾ cup hot water
Whipped Cream

In a medium bowl combine flour, sugar, 2 T. cocoa, baking powder, and salt. Stir in the milk, oil, vanilla and mix until smooth. Spread in an ungreased 9 inch square baking dish. Combine brown sugar and remaining cocoa, sprinkle over batter. Pour hot water over all and do not stir. Bake at 350 degrees for 35 to 40 minutes. It will appear fudge. Serve warm with whipped topping.

IRRESISTIBLE CHOCOLATE SHEET CAKE

Jolene Snell

2 cups White Hudson Cream Flour
2 cups sugar
1 stick oleo
½ cup oil
¼ cup cocoa
2 eggs
1 cup water
½ cup buttermilk
1 tsp. soda
2 tsp. cinnamon
½ tsp. salt
Frosting:
1 stick oleo
¼ cup cocoa
5 Tbsp. milk
1 tsp. vanilla
1 cup pecans
1 (1 lb.) box powdered sugar (sifted)

Sift flour and add to sugar, cinnamon, and salt in a large mixing bowl. In a saucepan, put oleo, oil, cocoa and water. Bring to a boil. Pour this hot mixture over flour, sugar, cinnamon and salt; mix well. Add buttermilk, soda, and eggs; mix well. Pour batter into a well-greased sheet pan, 17 by 11 inches. Bake 25-30 minutes at 350 degrees. Five minutes before cake is done, combine and bring to a boil the oleo, cocoa and milk. Remove from the fire and add vanilla, pecans, and sifted powdered sugar. Beat until smooth and spread over cake while still hot.

KENTUCKY POUND CAKE

Ellen Shanteau

2½ C. self rising flour
1¼ C. oil
4 egg yolks
1½ t. cinnamon
4 egg whites beaten
2 C. sugar
1 C. crushed pineapple-drained
2 T. hot water
1 C. chopped pecans

Mix in order: flour, oil, egg yolks, cinnamon, 4 egg whites, beaten, sugar, pineapple, hot water, and pecans. Bake in 300° or 350° oven for 1 hour 10 minutes. TOP with following: 1½ C. powdered sugar and pineapple juice from above. Pour over cake while still in pan.

LEMONADE CAKE

Sherrie Siefers

1 box instant lemon pudding
1 C. +2 T. water
⅓ C. oil
1 yellow cake mix
4-eggs
1 small can lemonade juice
2 C. powdered sugar

Mix pudding, water, oil, cake mix, and eggs; pour into 9 x 12 cake pan and bake for 35 minutes. Meanwhile, mix 1 small can lemonade, thawed, with 2 C. powdered sugar. After cake is baked, poke holes all over with a fork and pour lemonade mixture over the cake and bake another 5 minutes. This cake does not need additional frosting

ORANGE KISS ME CAKE

Jolene Snell

2 cups White Hudson Cream Flour
1 cup sugar
1 tsp. salt
1 tsp. soda
2 eggs
½ cup (6 oz.) frozen orange juice concentrate, thawed
(reserve remaining concentrate)
1 cup raisins
⅓ cup chopped nuts

TOPPING
reserved orange juice concentrate
⅓ cup sugar
¼ cup chopped nuts
1 tsp. cinnamon

Preheat oven to 350 degrees. Grease (not oil) and flour 13 by 9 inch pan. In large bowl, combine cake ingredients; beat 3 minutes at medium speed. Pour into prepared pan. Bake 40 to 45 minutes until toothpick inserted in center comes out clean. Drizzle reserved orange juice concentrate over warm cake. Mix sugar, nuts and cinnamon; sprinkle over cake.

POPPY SEED CAKE

In memory of Julia Yarmer

¼ C. poppy seed
1½ C. milk
1¾ C. flour
½ C. butter
1½ C. sugar
3 t. baking powder
4-egg whites, beaten
2 t. vanilla
1 t. lemon extract
salt
Frosting:
4-beaten egg yolks
½ C. sugar
½ t. lemon extract
1 C. milk
1 t. flour
1 C. chopped nuts

Cake: Dissolve flour in the milk, cream melted butter and sugar and add to milk. Add poppy seed, baking powder, beaten egg whites and fold until mixed. Pour in greased 9 x 13 inch baking pan, bake in 350° preheated oven for 45 minutes. Frosting: Cook egg yolks, sugar, lemon extract, milk, flour, and nuts in a double boiler until desired thickness.

PRALINE PEAR CAKE

Jalayne Ewing

2½ C. flour
1⅓ C. sugar
1½ t. baking soda
1½ t. ground cinnamon
½ t. salt
½ t. ground cloves
¼ t. baking powder
¼ t. ground ginger
½ C. shortening
1 can- 29 oz. pear halves in heavy syrup- drained and puréed
2 eggs
⅔ C. golden raisins
Praline Topping:
¾ C. packed brown sugar
½ C. butter or margarine
¼ C. half and half
¾ C. flaked coconut
¾ C. chopped pecans

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches. Mix flour, sugar, baking soda, cinnamon, salt, cloves, baking powder, and ginger in large bowl. Beat in shortening, pears, and eggs with electric mixer on low speed 30 seconds, scraping bowl occasionally. Beat on medium speed 3 minutes, scraping bowl occasionally. Fold in raisins. Pour into pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes on wire rack. Prepare Praline Topping: Beat brown sugar, and butter in medium bowl with

(continued)

electric mixer on high speed until light and fluffy. Beat in half and half on low speed until mixture is smooth; stir in coconut and pecans. Distribute Topping evenly over warm cake; spread gently. Set oven control to broil. Broil with top of cake 6 inches from heat about 3 minutes or until topping bubbles and browns lightly; cool. Serve with whipped cream. Watch closely when in broiler.

Substitutions: Peach halves for Pears. And 2¼ t. of pumpkin spice for the cinnamon, ground cloves, and ground ginger.

PRIZE CHOCOLATE CAKE

In memory of Lydia Gatton

2 c. Sugar
3 T. Cocoa
½ c. Sour Milk or Buttermilk
1 tsp. Baking Soda
½ c. Butter
Vanilla
2 Eggs
2 c. Flour
1 c. boiling Water

Mix sugar, cocoa, buttermilk, baking soda, butter, vanilla, eggs, and flour by hand. Add boiling water. Batter will be thin. Flour and grease jelly roll pan. Bake at 375° for 20 to 30 minutes.

PUMPKIN CAKE ROLL

Angela Hammeke

3 Eggs
1 c. Granulated Sugar
⅔ c. Pumpkin
1 tsp. Lemon Juice
¾ c. Flour
1 tsp. Baking Powder
2 tsp. Cinnamon
1 tsp. Ginger
½ tsp. Nutmeg
½ tsp. Salt
1 c. Walnuts
1¼ c. Powdered Sugar
6 oz. Cream Cheese
4 T. Butter
½ tsp. Vanilla

Beat eggs on high speed of mixer for 5 minutes, gradually beat in sugar. Stir in pumpkin, lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold into pumpkin mixture. Spread on greased and floured 15 x 10 x 1 inch pan. Top with walnuts. Bake at 375° for 15 minutes. Turn out on towel sprinkled with ¼ c. powdered sugar. Starting at narrow end, roll towel together, cool. Unroll. **Filling:** combine rest of powdered sugar, cream cheese, butter, and vanilla; beat smooth. Spread over cake, roll. Chill. Slice to Serve. Servings: 8.

PUMPKIN PIE CAKE

Evelyn Stegman

- 1 - 29 oz. can Pumpkin
- 4 Eggs
- 1½ c. Sugar
- 1 tsp. Ginger
- 1 - 12 oz. can Evaporated Milk
- 2 tsp. Cinnamon
- ½ tsp. Nutmeg
- 2 sticks melted Butter
- 1 Dry Yellow Cake Mix

Mix filling ingredients. Pour in 9 x 13 pan. Over top sprinkle cake mix. Pour butter over top. If desired, sprinkle with chopped pecans. Bake at 325° for 1 hour.

PUMPKIN PIE CAKE

Kndg.Josee,3rd gr.Nick,5th gr.Jacob Roth

- 1 box white or yellow cake mix; reserving 1 cup
- 1/2 C. margarine, melted
- 3-eggs beaten
- 1 can pumpkin
- ⅔ C. evaporated milk
- ½ C. brown sugar
- ¼ C. white sugar
- ½ t. vanilla
- 1 t. cinnamon
- ½ t. salt
- dash of cloves and ginger

Combine cake mix, margarine, and 1 egg. Press into 9 x 13 inch pan. Combine 2 eggs, 1 can pumpkin, evaporated milk, sugars, vanilla, cinnamon, salt, dash of cloves, and a dash of ginger; pour over crust. Combine the 1 Cup reserved cake mix with ½ C. sugar, 1/2 t. cinnamon, 1/4 C. margarine, and ½ C. nuts. Sprinkle this over filling and bake at 350° for 40 to 50 minutes or until done.

RAW APPLE CAKE

Delores Hauser

- 3 C. flour
- 2 t. cinnamon
- 2 t. soda
- 1 C. Wesson oil
- 2 C. sugar
- 2-eggs well beaten
- 4 C. chopped raw apples
- 1 C. nuts, black walnut
- 1-8 oz. package cream cheese
- ¼ C. oleo
- 1 lb. powder sugar

Sift together flour, cinnamon, and soda. Then mix together oil, sugar, eggs, apples, and nuts; add the sifted ingredients with this and mix well

(continued)

Pour into a loaf pan and bake in a 350° oven for 1 hour. Make icing with cream cheese, oleo, and powdered sugar. Spread on top.

RHUBARB CAKE

Frances Reichuber

1½ cups brown sugar
½ cup butter or margarine
1 egg
1 cup buttermilk or sour milk
1½ cups rhubarb, cut fine
2 cups sifted flour
1 tsp. soda
1 tsp. vanilla
¼ tsp. salt

Cream sugar, butter and then beat in egg. Sift flour, soda, and salt. Add to creamed sugar mixture alternately with sour milk or buttermilk. Stir in vanilla and rhubarb. Pour into greased 8 x 12 inch pan. Sprinkle on top ½ cup sugar and 1 tsp. cinnamon. Bake 45 minutes at 350 degrees.

SOUR CREAM CHOCOLATE CAKE

Anna Mae Carey

2 cups flour
2 cups sugar
1 cup water
1 cup sour cream (8 oz.)
½ cup oleo
1¼ tsp. soda
1 tsp. salt
½ tsp. baking powder
1 tsp. vanilla
2 eggs
4 oz. melted semi sweet chocolate

Use 13 by 9 by 2 inch pan or two 9" round pans. Measure all ingredients into mixing bowl. Mix ½ minute low speed and beat 3 minutes at high speed. Bake 35 to 40 min. at 350 degrees.

SOUR CREAM COFFEE CAKE

Monica Robl

1 stick oleo
1 C. sugar
2 eggs
1⅓ C. flour
1 t. soda
1 t. baking powder
1 t. vanilla
1 t. sour cream
Filling:
1 C. sugar
1½ t. cinnamon
½ C. brown sugar
1 C. nuts

(continued)

Combine: oleo, sugar, and eggs together and stir. Add flour, baking powder, and soda. Add in sour cream and vanilla. Mix well. Filling: mix sugar cinnamon, brown sugar, and nuts mix well and set aside til needed. Put in half the dough in 13 x 9 inch pan. Then the filling; followed by the rest of the dough and again the filling. Bake in a 350° oven for 30 minutes.

STRAWBERRY BANANA SPLIT CAKE

Debbie Herrman

Crust: 2 cups graham cracker crumbs
½ cup margarine melted
¼ cup sugar
Filling: ½ cup margarine melted
2 cups confectioners sugar
1 T. milk
1 tsp. vanilla
3 large firm bananas cut into ¼ inch slices
2 cans, 8 oz. each, crushed pineapple drained
2 qt. fresh sliced strawberries or frozen
Topping: Cool Whip, small container
chocolate syrup

Combine cracker crumbs, butter, and sugar. Press into ungreased 13 x 9 inch pan. Chill for one hour. In a mixing bowl cream butter, confectioners sugar, milk, vanilla. Spread over crust. Chill 30 minutes. Then layer bananas, pineapple, and strawberries. Top with cool whip, sprinkle with nuts, drizzle each individual piece with chocolate syrup. 12 - 15 servings.

Cookies

BROWN SUGAR CRISPS

Doyle Merriman

¾ cup packed brown sugar
¼ cup granulated sugar
⅓ cup butter softened
1 egg
1 tsp. vanilla
½ tsp. ground allspice
½ tsp. ground cinnamon
2 cups Bisquick baking mix
½ cup chopped nuts

Preheat oven to 350. Beat sugars, butter, egg, vanilla, allspice and cinnamon until smooth and creamy. Stir in baking mix and nuts. Drop

(continued)

dough by slightly rounded teaspoonfuls about 2 inches apart onto an ungreased cookie sheet. bake until light brown, 12 to 15 minutes. Immediately remove from cookie sheet. Makes about 3 - ½ dozen cookies.

BROWNIES

Darlene Stoss

1½ cup all-purpose flour
¾ cup sugar
¼ cup Hershey's cocoa
1 tsp. baking soda
½ tsp. salt
1 cup water
¼ cup vegetable oil
1 T. white vinegar
1 tsp. vanilla extract

Heat oven to 375 degrees. Line 2½ inch diameter muffin cups with paper bake cups. Mix flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar, and vanilla; beat with a whisk spoon until batter is well blended. Fill muffin cups ⅔ full. Bake 16 to 18 minutes. Remove from pan to wire rack. Cool completely. For frosting mix 1 stick butter or margarine melted to ⅔ cups Hershey's cocoa. Add 3 cups powdered sugar, ⅓ cup milk and 1 tsp. vanilla extract. Beat on medium speed of mixer, adding more milk if needed.

BUCKEROOHS

Evelyn Stegman

1 cup Shortening
1 cup Sugar
2 cup Flour
1 Tsp. Soda
1 Tsp. Vanilla
2 cup Oatmeal
1 cup Brown Sugar
2 Eggs
1 Tsp. Salt
1 Tsp. Baking Powder
1 cup Chocolate Chips

Combine all ingredients. Stir in Chocolate Chips. Drop by Teaspoonfuls onto cookie sheet. Bake 10-12 minutes at 350*.

CHEWY CHOCOLATE CHIP OATMEAL COOKIES

5th Grader Kyle Zink

3 c. quick or old fashioned Oats, uncooked
1½ c. all-purpose Flour
1 tsp. Baking Soda
1 tsp. Salt
1¼ c. Butter
½ c. Granulated Sugar
¾ c. Brown Sugar, firmly packed
1 Egg
1½ tsp. Vanilla
1 - 12 oz. pkg. M & M's milk chocolate baking bits

Preheat oven to 375°. In small bowl combine oats, flour, baking soda, and salt. Set aside. In a mixing bowl, cream together butter and sugars until light and fluffy. Beat in egg and vanilla. Gradually blend in oat mixture. Stir in M & M's. Drop by rounded tablespoonfuls about 2 inches apart on ungreased cookie sheet. Bake 8-9 minutes, just until set. Do Not Overbake. Cool 1 minute on cookie sheet; remove to wire cooling rack until completely cooled. Makes: 4 dozen cookies

CHOCOLATE CHIP COOKIES

Geraldine Menges

4½ cups of flour
2 tsp. salt
2 tsp. soda
2 cups Crisco
1½ cups of sugar
1½ cups of brown sugar
4 eggs
2 tsp. water
2 tsp. vanilla
½ cup wheat germ
1½ cup nuts
3 cups chocolate chips

Sift flour, add salt and soda. Cream Crisco with sugar and brown sugar. Beat in eggs. Slow down mixer, add water, vanilla and wheat germ. Add flour in two or three parts, mix well. Add nuts and chips. Bake on cookie sheet at 375 degrees for 8 to 10 minutes. Makes 10 dozen cookies. I use 1 small package of mint chips and regular chips to make 3 cups.

CHOCOLATE CHIP COOKIES

2nd Grader Katie Broce

1 pkg. Duncan Hines Deluxe II White Cake Mix
½ c. Cooking Oil
2 Eggs
2 T. Water
1 c. Chocolate Chips

(continued)

Preheat oven to 350°. Blend cake mix, oil, water, and eggs. Stir in chips. Drop from a teaspoon onto an ungreased cookie sheet. Bake for 10 to 12 minutes. Cool on cookie sheet for one minute and then move to cooling rack.

CHOCOLATE CHIP COOKIES

Angie Waite

1½ C. shortening
¾ C. sugar
1½ C. packed brown sugar
1½ t. vanilla
3 eggs
3½ C. flour
1½ t. baking soda
1 1/2 t. salt
12 oz. chocolate chips

Cream together shortening, sugar, brown sugar, and vanilla. Add eggs then stir well. Add these sifted dry ingredients together: flour, soda, and salt together in separate bowl ; then add flour mixture gradually to creamed mixture. Stir in the chocolate chips. Bake on greased cookie sheets at 350° until light brown, 8 to 10 minutes.

CHOCOLATE MARSHMALLOW COOKIES

Lois Hammer

1¾ C. sifted flour
½ t. salt
½ t. soda
½ C. cocoa
½ C. shortening
1 C. sugar
1 egg
1 t. vanilla
18 marshmallows cut in halves
¼ C. milk
½ C. pecans

Sift together flour, salt, soda, and cocoa. Cream shortening and sugar. Add egg, vanilla, and milk, beating well. Add dry ingredients, mix well. Drop by teaspoon onto greased baking sheet. Bake at 350° oven for 8 minutes. Don't over bake. Remove from oven and press ½ marshmallow, cut side down, on top of each. Bake 2 minutes longer. Cool, Top with cocoa frosting, then with half pecan. Makes 3 dozen. Cocoa Frosting: Combine 2 C. sifted confectioners sugar, 5 T. cocoa, and ⅛ t. salt. Add 3 T. soft butter or margarine and 4 to 5 T. light cream.

CHOCOLATE OATMEAL COOKIES

Stella Hirsch

12 oz. semi sweet chocolate chips
½ cup shortening
½ tsp. salt
3 eggs
¾ cup sugar
1 cup rolled oats
1 tsp. vanilla

Melt chocolate. Stir in shortening and salt. Set aside. Beat eggs until thick. Add sugar. Combine well. Add oats, vanilla and chips. Stir. Drop by spoonfuls on greased sheet. Bake at 375 degrees for 6-8 minutes. Makes 7 dozen cookies.

CHOCOLATE WAFFLE COOKIES

Jean Klepper

2 Sticks Margarine
5 T. Cocoa or 4 Squares Chocolate
1½ c. Sugar
4 Eggs
2 tsp. Vanilla
2 c. Flour

Frosting:
2½ T. Cocoa
4 T. Margarine
4 T. Milk
2 tsp. Vanilla
Powdered Sugar until nice spreading consistency.

Cream together margarine and cocoa. Add sugar. Stir in eggs, vanilla, and flour. Preheat waffle iron to medium hot. Drop batter by tablespoon onto waffle iron. Cook between one minute and one minute and fifteen seconds. Remove and let cool on wire racks. For frosting, mix cocoa, margarine, milk, vanilla, and powdered sugar. Spread over cookies.

DATE CHEWIES

Louise Hammeke

1 C. cut dates
½ C. water
1¾ C. flour
2 T. baking powder
½ t. salt
½ C. butter
1 C. brown sugar
1 egg
1 t. vanilla
1½ C. flaked coconut
pecan halves

Combine dates and water in sauce pan. Cook until tender about 5 minutes. Stirring occasionally. Cool to luke warm. Sift together flour,

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baking powder, salt, and butter. Gradually add brown sugar creaming well. Blend in egg and vanilla. Beat well add cooked dates then the dry ingredients mixed earlier. Mix thoroughly. Drop dough by rounded teaspoonful into flaked coconut. Roll to coat. Form into balls. Place on cookie sheet. Top with pecan half. Bake in 375° oven for 12 to 15 minutes.

DOUBLE DELICIOUS COOKIE BARS

3rd grader Stacy Zink

½ c. Butter or margarine
1½ c. Graham cracker crumbs
1 (14 oz.) can Eagle Brand Sweetened Condensed Milk
2 c. (12 oz.) semi-sweet Chocolate chips
1 c. Peanut butter chips

Preheat oven to 350° (325° for glass dish). In a 13 x 9 inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine; pour Eagle Brand evenly over crumbs. Top with chips; press down firmly. Bake 25-30 min. or until lightly browned. Cool. Garnish as desired. Cut into bars. Store loosely covered at room temperature.

FAIRY DROP COOKIES

1st grader Lauren Thill

4½ C. flour
1 t. baking soda
1 t. cream of tartar
1 t. salt
1 C. butter
1 C. sifted powdered sugar
1 C. sugar
1 C. cooking oil
2 eggs
2 t. almond extract
Frosting:
½ C. butter
½ t. almond extract
½ t. vanilla
2½-3½ C. sifted powdered sugar
3 T. light cream or milk

In medium mixing bowl, stir together flour, baking soda, cream of tartar and salt; set aside. In large mixing bowl, beat butter with an electric mixer on medium- low speed until smooth. Add powdered sugar and sugar; beat on medium- high speed until fluffy. Add oil, eggs and almond extract; beat just until combines. Gradually add dry ingredients beating on medium just until combined. Cover; chill dough about 30 minutes or until needed. To shape cookies, roll rounded teaspoonfuls of dough into balls. The dough will be soft. Arrange balls on ungreased cookie

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sheets. Gently flatten the balls to about 1/4 inch thickness. Bake at 350° for 10 to 12 minutes or until edges are light brown. Cool completely and frost with almond frosting. Frosting: In small bowl, beat butter with electric mixer on medium speed until fluffy. Beat in almond and vanilla. Alternately add powdered sugar and milk, beating until smooth and of spreading consistency. To tint, stir in a few drops of food coloring, if desired.

FAST AND EASY COOKIES

3rd grader Nicole Schartz

- **1 box of white cake mix**
- **2 eggs**
- **1/2 c. oil**
- **1/2 c. powdered sugar**

Mix together cake mix, eggs, and oil. Roll into balls then roll in powdered sugar. Bake at 350° for 8 to 10 minutes.

FUDGE PUFFS

5th grader Cassie Morales

- **1/2 c. Crisco**
- **1 2/3 c. sugar**
- **2 eggs**
- **2 tsp. vanilla**
- **2-1 oz. squares unsweetened chocolate, melted**
- **2 c. flour**
- **2 tsp. baking powder**
- **1/2 tsp. salt**
- **1/3 c. milk**
- **1/2 c. chopped nuts**

Thoroughly cream sugar and Crisco. Beat in eggs, the chocolate, flour, baking powder, salt, and nuts. Mix with the cream mixture with milk, chill 2 to 3 hours. Roll in balls then powdered sugar. Place on greased baking sheet. Bake at 375° for 8 minutes.

GRANDMA RADER'S COOKIES

In memory of Hildred Stephan

- **1 cup butter**
- **2 cup sugar**
- **1 cup sour cream**
- **1 tsp. soda**
- **3 eggs**
- **2 tsp. cream of tartar**
- **3 cup flour**

Dissolve soda in sour cream. Put cream of tartar in flour. Cream butter and sugar and add eggs and beat. Add sour cream and flour. Keep in

(continued)

refrigerator overnight. Work with small portion of dough at once. Roll quite thin. Bake til brown on edges. Cool on cookie sheet. Keeps crisp. Use heavy weight cookie sheet.

GRANDMA'S POTATO CHIP COOKIES

Lori Thomas

1 C. shortening
1 C. brown sugar
1 t. soda
2 C. flour
2 eggs, well beaten
1 t. vanilla
1-6 oz. package butterscotch morsels
2 C. potato chips crushed

Cream shortening and sugar; add eggs then flour, and soda which have been sifted together. Add potato chips, morsels, and vanilla. Mix all and drop on ungreased cookie sheet and bake at 325° for 10 to 12 minutes.

HELLO DOLLY

Genie Steffan

1 stick of oleo
1½ to 2 cups graham crackers
1 package 11.5 oz. milk chocolate chips
¼ cup chopped pecans
1 can condensed milk

Melt oleo in a 9 by 13 pan. Put in graham crackers, chocolate chips, and chopped pecans. Pour over all 1 can of condensed milk. Do not stir. Bake in 350 degree oven for thirty minutes.

ICED PUMPKIN BLONDIES

Michele Gotschall

2¼ cups all-purpose flour
2½ tsp. baking powder
2 tsp. ground cinnamon
¼ tsp. salt
¾ cup butter or margarine, softened
1½ cups packed brown sugar
1 tsp. vanilla extract
2 eggs
1 cup LIBBY's solid pack pumpkin
Maple Icing: 2 packages, 3 oz. each, softened cream cheese
2 T. softened butter or margarine
2 cups sifted powdered sugar
1 or 2 tsp. maple flavoring

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Combine flour, baking powder, cinnamon and salt in medium bow. Beat butter, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Beat in pumpkin. Gradually beat in flour mixture. Spread into greased 15 x 10 inch jelly-roll pan. Bake in preheated 350 degree oven for 20 to 25 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack; spread with Maple Icing. Cut into bars. Makes 4 dozen bars. Maple Icing: Beat 2 packages softened cream cheese and 2 T. softened butter or margarine in small mixer bowl; gradually beat in 2 cups sifted powdered sugar. Beat in 1 to 2 tsp. maple flavoring until fluffy.

LEMON BARS

Melanie Zink

1 cup oleo
½ cup powdered sugar
2 cup flour
4 eggs
½ cup lemon juice
2 cup sugar
5 T. flour
1 tsp. baking powder

Combine oleo, powdered sugar and 2 cup flour. Mix and press in 9 x 13 pan. Bake mixture at 350 degrees for 20 minute. Combine eggs, lemon juice, sugar, and beat well. Add 5 Tb. flour and baking powder. Beat and pour over crust. Bake for 20 minutes at 350 degrees. Sprinkle with powdered sugar. Cut into squares when cool.

M & M PARTY COOKIES

Lisa McMullen

1 C. shortening
1 C. firmly packed brown sugar
½ C. granulated sugar
2 t. vanilla
2 eggs
2¼ C sifted all- purpose flour
1 t. baking soda
1 t. salt
1½ C "M & M's" plain chocolate candies

In a large bowl mix 1 cup shortening and 1 cup brown sugar and ½ cup granulated sugar. Beat in 2 t. of vanilla and 2 eggs. In another bowl sift 2¼ C. of all-purpose flour, 1 t. baking soda, and 1 t. salt. Add this to the sugar-egg mixture. Blend well. Stir in ½ C. of M& M's **save remaining M& M's for decorating.** Drop rounded teaspoons of cookie dough 2 " apart on ungreased cookie sheet. Decorate tops with re-

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maining M & M's candies. Bake on center rack of a moderate oven **375°** for 10 minutes or until golden brown. Makes about 6 dozen.

MARGIE'S OLD FASHIONED SUGAR COOKIES

Mary Liebl

1 C. powdered sugar
1 C. granulated sugar
1 C. butter
1 C. salad oil
2 eggs
2 t. vanilla
1 t. baking soda
½ t. salt
1 t. cream of tartar
5½ C flour

Cream together: powdered sugar, granulated sugar, and butter. Then add: oil, eggs, vanilla, soda, salt, cream of tartar, and flour. Chill in refrigerator several hours. Form into balls and place on cookie sheet. Mash with fork or glass bottom covered with sugar. May be topped with nonpareil candy toppings or colored sugar if desired.

MOUNTAIN COOKIES

Bertha Achatz

1 C. butter, softened
1 C. confectioners' sugar
2 t. vanilla extract
2 C. flour
½ t. salt
Filling:
1 package 3 oz. cream cheese, softened
1 C. confectioners' sugar
1 t. vanilla
2 T. flour
1 /2 C. finely chopped pecans
½ C. flaked coconut
Topping:
½ C. semisweet chocolate chips
2 T. butter or margarine
2 T. water
½ C. confectioners' sugar

In a mixing bowl, cream butter, sugar and vanilla. Combine flour and salt; gradually add to the creamed mixture and mix well. Shape into 1 inch balls; place 2 inches apart on ungreased baking sheets. Make a deep indentation in the center of each cookie. Bake at 350° for 10 to 12 minutes or until the edges just start to brown. Remove to wire racks to cool completely. For the Filling: beat cream cheese, sugar, flour and vanilla in a mixing bowl. Add pecans and coconut; mix well. Spoon ½ t. into each cookie. For Topping: heat chocolate chips, butter, and water in a small saucepan until melted. Stir in sugar. Drizzle over cookies. Makes 4 dozen.

NO BAKE COOKIES

4th grader Jane Billinger

2 c. sugar	**½ c. of stick butter**
¼ c. cocoa	**1 T. salt**
½ c. milk	**½ c. peanut butter**
1 tsp. vanilla	**3 c. oatmeal**

Mix sugar,cocoa,milk,vanilla,butter, and salt in a sauce pan. Heat to boil and remove from heat. Add peanut butter and oatmeal. Mix well. Drop spoonfuls onto wax paper let set until solid.

NO- BAKE COOKIES

7th Grader Tyler Wirtz

2 C. sugar	**1 t. vanilla**
¼ C. cocoa	**3 C. oatmeal**
½ C. milk	**1/2 C. peanut butter (optional)**
½ stick butter	

Mix sugar, cocoa, milk, and butter in large sauce pan. After it comes to a boil, continue cooking for 1 minute. Remove from heat and add vanilla, oatmeal and peanut butter. Stir well and drop on waxed paper; allow to cool until firm.

NO-BAKE BARS

4th grader Abby Thill

4 C. Cheerios	**I C. Light corn syrup**
2 C. Crisp rice cereal	**I ½ C. Creamy peanut butter**
2 C. Dry roasted peanuts	**I tsp. Vanilla extract**
2 C. M & M's	**1 c. sugar**

In a large bowl, combine cereals, peanuts, & M & M's; set aside. Bring corn syrup and sugar to boil, stirring frequently. Remove from the heat ;stir in peanut butter and vanilla. Pour over cereal mixture and toss to coat evenly. Spread into a greased 15 x 10 inch baking pan. Cool. Cut into bars.

NUTTY RICH SUGAR COOKIES

Ruth Corbett

1 Cup White Sugar
1 Cup Powdered Sugar
1 Cup Margarine
1 Cup Oil
2 Eggs
4½ Cups Flour
1 Tsp. Soda
1 Tsp. Cream Of Tartar
2 Tsp. Vanilla
2 Cups Nuts

Mix all ingredients together. Shape into Walnut sized balls. Spread with a floured fork. Bake at 375 * for 8 minutes.

OATMEAL COOKIES

Clara Werner

¾ c. Brown Sugar
¾ c. White Sugar
¾ c. Butter
2 Eggs
1 c. Flour
½ tsp. Salt
1 tsp. Cinnamon
1 tsp. Baking soda
1 c. Raisins
1 c. Nuts
1½ c. Oatmeal

Cream sugars, butter, and eggs. Sift flour, salt, cinnamon, and soda together. Then add the sifted mixture to the creamed mixture. Mix in the raisins, nuts, and oatmeal. Drop by spoonfuls on a greased cookie sheet. Bake in a 375° oven.

OATMEAL COOKIES

In memory of Mrs. Bertha Power byBernita Ross

1 cup granulated sugar
1 cup butter or shortening
4 Tb. milk
1 small tsp. soda
1 tsp. cinnamon
½ tsp. salt
2 cup flour
2 cup oats
1 cup nut meats
1 cup raisins, optional
2 eggs

Cream sugar and shortening thoroughly. Beat the eggs. Add to creamed mixture. Sift together the flour, soda, cinnamon, and salt. Add to creamed mixture. Along with the milk, add nuts, oats, and raisins. Drop by spoonfuls on greased cookie sheet. Bake at 375 degrees for 15 minutes

OATMEAL-DATE COOKIES

Bertha Achatz

1 C. salad oil
1 T. vanilla extract
2 large eggs
sugar
2 C. flour
1½ t. baking soda
1 t. salt
3 C. multi grain oatmeal or quick cooking oats, uncooked
1 C. pitted dates
chopped pecan halves for garnish

About 2 hours before serving or day ahead: Preheat oven to 375°. In large bowl, with mixer at medium speed, beat salad oil, vanilla, eggs, and 1¼ C. sugar until smooth. With mixer at low speed, beat in flour, baking soda, and salt until blended. With spoon, stir in oats and chopped dates. Place ¼ C. sugar in small bowl. Roll heaping tablespoons of dough into balls in sugar and place about 2 inches apart on 2 ungreased cookie sheets. With hand, press each ball to make a 3 inch round. If you like, garnish top of each cookie with a pecan half. Bake cookies 12 to 15 minutes until golden brown. With pancake turner, remove cookies to wire rack to cool. Store cookies in tightly covered container. Makes about 3 dozen cookies.

PEANUT BUTTER FINGERS

Ist grader Michelle Klepper

2 Sticks oleo
1 c. Peanut Butter
12 oz. Chocolate Chips
3½ c. Powdered sugar
1⅓ c. Crushed graham crackers

Melt butter, mix sugar, peanut butter, graham crackers and butter in large bowl. Spread in a 9 x 13 pan and top with melted chocolate chips. Wait for chocolate to set and then cut into bars.

PEANUT BUTTER RICE KRISPIES

4th grader Krisha Stoss

1 c. Sugar
1 c. Dark syrup
1 tsp. vanilla
1½ c. Peanut butter
4 c. Rice Krispies

Put sugar and dark syrup into sauce pan. Bring to boil, but do not boil. Take off stove when it has begun to boil. Add vanilla, peanut butter and Rice Krispies. Mix well, put in greased pan. Store in cool place.

PFEFFERNUESE

Lorraine Rickert

¾ cup light molasses
½ cup butter
2 eggs beaten
4½ cup sifted all-purpose flour
½ cup sugar
1¼ tsp. baking soda
1½ tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground nutmeg
dash of pepper
confectioners sugar

Combine molasses and butter in a sauce pan. Cook and stir over medium heat until butter melts. Cool to room temperature. Stir in eggs. Sift together flour, sugar, baking soda, and cinnamon, cloves, nutmeg, and pepper. Add to molasses mixture, mixing well. Chill thoroughly. Shape dough into 1 inch balls and bake on greased cookie sheets for 12 minutes in a 375 degree oven. Cool and roll in confectioners sugar Makes 4½ dozen.

POTATO CHIP COOKIES

1 C. shortening
1 C. brown sugar
1 t. soda
2 C. flour
2 eggs- well beaten
1 t. vanilla
1-6 oz. package butterscotch morsels
2 C. potato chips crushed

Cream shortening & sugar; add eggs, flour, and soda. Add potato chips, morsels, and vanilla and mix well. Bake on a ungreased cookie sheet at 325° for 10 to 12 minutes.

PUMPKIN COOKIES

Ruth Hill

3 cups and 1 Tb. flour
1½ cup oats
1½ tsp. cinnamon
1½ tsp. soda
1 cup oleo
1½ cup brown sugar
¾ cup white sugar
1 tsp. vanilla
1 15 oz. can pumpkin
1 cup butterscotch morsels
1 egg

Cream together oleo, sugar, and egg. Sift together flour, cinnamon, and soda. Mix in creamed mixture. Add pumpkin, vanilla, and then oats and

(continued)

morsels. Let set overnight in refrigerator and then drop by tsp. on cookie sheet. Bake at 375 degrees for 15 - 20 minutes. Makes 5 dozen. Mix and baked cookies both freeze real well.

PUMPKIN LAYER BARS

Michele Gotschall

¾ cup all-purpose flour
⅓ cup packed brown sugar
⅓ cup quick or old-fashioned oats
¼ cup chopped nots
1½ tsp. ground cinnamon
⅓ cup butter or margarine, melted
1¼ cups LIBBY'S solid pack pumpkin
1 cup Nestle Carnation evaporated milk
½ cup granulated sugar
1 egg
¾ tsp. pumpkin pie spice
¼ tsp. salt
4 oz. cream cheese, softened
¼ cup sour cream, at room temperature
2 T. orange marmalade

Combine flour, brown sugar, oats, nuts, and cinnamon in medium bowl. Stir in butter, mixing well. Press onto bottom of 9 inch square baking pan. Bake in preheated 350 degree oven for 20 to 25 minutes or until golden brown. Remove from oven. Combine pumpkin, evaporated milk, granulated sugar, egg, pumpkin pie spice and salt in medium bowl. Pour over oat mixture; bake at 350 degrees for 20 to 25 minutes or until knife inserted near center comes out clean. Cool completely in pan on wire rack. Combine cream cheese and sour cream in small bowl. Stir in orange marmalade. Spread over pumpkin layer. Chill. Cut into bars. Makes 2 dozen bars.

RAISIN HONEY DROPS

Frances Reichuber

¾ cup honey
½ cup sugar
¾ cup margarine
1 egg
2 cups sifted flour
1 cup golden or dark raisins
1 tsp. salt or less
1 tsp. cinnamon
½ tsp. soda
2 cups quick cooking oatmeal

Cream honey, sugar and margarine. Add egg and mix well. Sift flour, salt, cinnamon, and soda together. Stir into creamed mixture. Add oatmeal and raisins. Drop by heaping teaspoonful onto greased cookie

(continued)

sheet. Bake at 350 degree oven for 12 - 14 minutes, or until lightly browned. Makes about four dozen cookies.

RICE KRISPIES DESSERT BARS

Ruth Hill

1 cup white syrup
1 cup white sugar
1 cup peanut butter
4 cups Rice Krispies

Mix syrup and sugar and bring to a rolling boil. Take from burner and mix in peanut butter. Pour over Rice Krispies and mix. Put in 9 x 13 pan and pat out. Be sure pan is well greased.

SALTED PEANUT CHEWS

Nancy Jenisch

Base:
1 Pkg. yellow cake mix
⅓ cup margarine or butter
1 egg
3 cup mini marshmallows
Topping:
⅔ cup corn syrup
¼ cup margarine
2 tsp. vanilla
12 oz. pkg. peanut butter chips
2 cup crisp rice cereal
2 cup salted peanuts

Heat oven to 350 degrees. In large bowl combine all base ingredients, except marshmallows, until crumbly. Press into bottom of ungreased 13x 9 pan. Bake 12 to 18 minutes. Remove from oven and sprinkle with marshmallows and return to oven for 1 to 2 minutes until marshmallows begin to puff. In large sauce pan combine syrup, margarine, vanilla and chips until melted. Add cereal and nuts. Spoon warm mixture over base. Chill

SOFT SUGAR COOKIES

Connie Roth

2 eggs
⅔ c. vegetable oil
2 t. vanilla
¾ c. sugar
2 c. flour
2 t. baking powder
dash of salt

Mix together eggs, oil and vanilla. Blend in sugar. Combine flour, baking powder and salt; add to sugar mixture and mix well. Drop by teaspoon-

(continued)

fuls onto a greased cookie sheet. Sprinkle with sugar. bake at 325 degrees for 10 minutes.

SOUR CREAM COOKIES

Geraldine Menges

2½ cups flour
1 tsp. baking powder
¾ cup sugar
½ tsp. vanilla
1 egg
½ tsp. soda
¼ tsp. salt
½ cup shortening
½ cup sour cream

Cream sugar and shortening. Drop in egg and beat, add vanilla and sour cream, add dry ingredients. Chill before rolling. Bake on cookie sheet for 12 to 15 minutes at 350 degrees. Makes 3 dozen cookies.

SUGAR COOKIES

Nancy Jenisch

1 cup butter
1 cup sugar
2 eggs
1 T. milk
1 tsp. vanilla
3 cups flour
3 tsp. baking powder

Cream butter and sugar. Add eggs, milk and vanilla and cream well. Add flour and baking powder. Chill for 10 minutes. I usually do it overnight. Roll out and cut into shapes. Bake at 400 degrees until light brown.

SUGAR FREE APPLESAUCE COOKIES

Tillie Prosser

1 C. unsweetened applesauce
½ C. margarine
1 C. bran cereal
½ C. raisins or nuts
1 t. soda
½ t. nutmeg
½ t. salt
1½ C. flour
1½ t. liquid sweetener
1 egg
1 t. cinnamon
½ t. cloves

Sift soda, nutmeg, salt, flour, cinnamon, cloves; cream margarine, add liquid sweetener, add egg- beat until fluffy. Add flour mixture and applesauce- fold in bran cereal and raisins or dates. Spread in a 8 x 8 inch pan lightly oiled. Bake in 350° for 18 to 20 minutes. Cut in squares.

SUGARLESS OATMEAL RAISIN COOKIES

Tillie Prosser

- ½ C. raisins
- ½ C. margarine
- 1 egg
- 1 t. salt
- 1 t. vanilla
- ¼ C. non fat dry milk
- ½ t. baking soda
- 1 t. cinnamon
- 1 C. quick rolled oats
- ½ C. water
- ½ C. granulated artificial sweetener, sugar twin
- ¼ C. water
- 1 C. flour
- ½ C. chopped nuts

Boil raisins in ½ C. water for 2 minutes-drain and reserve liquid. Combine margarine, egg, and vanilla. Beat 1 minute-sift in salt,milk,soda,cinnamon,sweetener,and flour. Add to mixture, with raisins liquid and ¼ C. water. Beat 2 minutes at low speed. Stir in oats, raisins, and nuts. Drop by teaspoon 2 inches apart on ungreased cookie sheet. Bake at 375° for 15 to 20 minutes. Makes 30 cookies.

TOFFEE ALMOND SANDIES

Bertha Achatz

- 1 C. butter, softened
- 1 C. sugar
- 1 C. confectioners' sugar
- 1 C. vegetable oil
- 2 eggs
- 1 t. almond extract
- 3½ C. flour
- 1 C. whole-wheat flour
- 1 t. baking soda
- 1 t. cream of tartar
- 1 t. salt
- 2 C. chopped almonds
- 1 package-6 oz. English toffee bits
- additional sugar

In mixing bowl, cream butter and sugar. Add oil, eggs, and extract; mix well. Combine flours, baking soda, cream of tartar and salt; gradually add to creamed mixture. Stir in almonds and toffee bits. Shape into 1 inch balls; roll in sugar. Place on ungreased baking sheets and flatten with a fork. Bake at 350° for 12 to 14 minutes or until lightly browned. Makes 12 dozen.

UNBAKED PEANUT BUTTER COOKIES

Eileen Huslig

¾ c. white syrup
¾ c. white sugar
1 c. peanut butter
4 c. corn flakes

Bring sugar and syrup to boil but do not cook. Add peanut butter and stir. Pour over corn flakes and stir. Drop by spoonful on waxed paper.

WATERMELON SPLASHES

Michelle Miller

⅔ cup Granulated Sugar
⅓ cup Shortening
⅓ cup Margarine or Butter Softened
1 tsp. Vanilla
1 Egg
¼ tsp. Red Food Color
2⅓ cup All Purpose Flour
½ tsp. Salt
2 to 3 T. Green sugar
2 T. Mini Semi-sweet chocolate Ships

Stir Granulated Sugar, Shortening, Margarine, Vanilla, Egg and Food Color in large bowl. Stir in Flour and Salt. Shape Dough into a log about 2 inches across. Put Green Sugar on a piece of plastic wrap. Roll log in Green Sugar until coated. Wrap in plastic wrap and refrigerate at least 1 hour. Heat oven 375* Cut log into ¼ inch slices. Cut each slice in half. Place 1 inch apart on ungreased cookie sheet. Push a few Chocolate Chips into each slice to look like Watermelon Seeds. Bake 7 to 8 min. or until cookies are light brown. Take cookies off cookie sheet right away. Makes 6 dozen.

Candy

CANDY BAR FUDGE

Michele Gotschall

½ cup butter or margarine
⅓ cup baking cocoa
¼ cup packed brown sugar
¼ cup milk
3½ cups confectioners' sugar
1 teaspoon vanilla extract
30 caramels, unwrapped
1 T. water
2 cups salted peanuts
½ cup semi-sweet chocolate chips
½ cup milk chocolate chips

(continued)

In a microwave-safe bowl, combine the butter, cocoa, brown sugar and milk. Microwave on high until mixture boils, about 3 minutes. Stir in confectioners' sugar and vanilla. Pour into a greased 8 inch square baking pan. In another microwave-save bowl, heat caramels and water on high for 2 minutes or until melted. Stir in peanuts; spread over chocolate layer. Microwave chocolate chips on high for 1 minute or until melted; spread over caramel layer. Chill until firm. Yield: 2¾ pounds.

CHOCOLATE FUDGE

Stella Hirsch

4½ cups sugar
14½ oz. evaporated milk
¼ lb. butter
18 oz. chocolate chips
2 cups chopped nuts
7½ to 8 oz. marshmallow cream

Put sugar, milk and butter in large saucepan and heat to boiling. Boil ten minutes on low heat, stirring constantly. Add chips, marshmallow cream and beat until right consistency. Stir in nuts. Pour onto 11 by 15 cookie sheet. It will be soft. You can cut and wrap each piece in waxed paper.

CHOCOLATE PEANUT CLUSTERS

Frances Reichuber

1 lb. white chocolate
1 12 oz. pkg. chocolate chips
1 16 oz. salted peanuts

Melt white chocolate and chocolate chips in double boiler until melted. Shake excess hulls and salt from peanuts. Pour chocolate mixture over peanuts. Drop by spoonfuls onto wax paper. Let cool Do not refrigerate.

FOOLPROOF CHOCOLATE FUDGE

Diane Nemnich

12 oz. milk chocolate chips
6 oz. semi-sweet chocolate chips
1 14 oz. can Eagle Brand Sweetened condensed milk
Dash of salt
1½ tsp. vanilla extract
1 c. coarsely chopped nuts

Line a 8-9" square pan with tinfoil. In a heavy saucepan, over low heat, melt chips with Eagle Brand milk, stirring constantly. Remove from heat,

(continued)

stir in salt, vanilla and nuts. Spread evenly into pan. Chill 2 to 3 hours or until firm. Turn fudge onto cutting board, peel off tin foil and cut into squares. Store covered at room temperature. Or, for longer storage, refrigerate.

FUDGE

Josephine Basgall

3 c. Semi-Sweet Chocolate Chips	**Dash of salt**
1 - 14 oz. can Eagle Brand Sweetened Condensed Milk	**½ to 1 c. Chopped Nuts, optional**
	1½ tsp. vanilla extract

Line 9 inch square pan with foil. Butter foil, set aside. In heavy saucepan, melt chips with Eagle Brand and salt. Remove from heat. Stir in nuts if desired and the vanilla. Spread evenly into pan. Chill 2 hours or until firm. Turn fudge onto cutting board. Peel off foil and cut into squares. Store covered in refrigerator.

HONEY CRUNCH POPCORN

Connie Roth

2 T. Honey	**¼ tsp. salt**
2 T. firmly packed Brown Sugar	**6 c. air-popped popcorn**
1 T. + 1 tsp. Margarine	

Preheat oven to 300°. In small pan, combine honey, sugar, margarine, and salt. Heat until margarine is melted. Put popcorn into a large roasting pan. Pour honey mix over popcorn and stir to coat evenly. Bake for 8-10 minutes stirring once.

MAMIE'S SNACK

Mamie Robl

1 lb. white almond bark	**2 C. Rice Krispies**
½ C. peanut butter	**1 C. mini marshmallows**
1 C. skinless peanuts	

Melt almond bark over low heat: mix in peanut butter, peanuts, Krispies, and marshmallows. Drop by the tablespoon on waxed paper and allow to cool. May store in the refrigerate.

MICROWAVE PEANUT BRITTLE

Evelyn Stegman

1 C. sugar
1½ C. dry roasted peanuts
1 t. soda
1/2 C. white syrup
1 t. butter
1 t. vanilla

In large microwave bowl mix syrup and sugar. Microwave on high 4 minutes. Add peanuts. Microwave on high 3 minutes. Add butter and vanilla. Microwave 1 minute. Stir well. Microwave on high 1 to 2 additional minutes. Add soda and stir until foamy. Pour out on buttered cookie sheet. Cool and crack into pieces.

PEANUT BRITTLE

Annie Hickel

½ C. water
1 lb. raw peanuts
2 C. sugar
1 C. white syrup
2 t. soda

Combine water, sugar, and syrup. Cook until it turns light brown around edges. Add peanuts and stir constantly until it turns medium brown. Remove from heat and beat in soda. Then turn into greased pan.

PEANUT BUTTER CUPS

7th grader Natalie Stoss

⅓ Pound graham cracker crumbs (1 pkg.)
½ Pound butter or margarine (2 sticks)
1 Cup peanut butter
1 Pound powdered sugar
2 Cups chocolate chips

Combine crumbs, butter, peanut butter and sugar, work together until smooth. Press this mixture into a 9 by 9 inch buttered pan, or a larger pan if you want thinner bars. Melt chocolate chips over hot water. Spread over cracker mixture. Refrigerate until firm. Cut into squares.

STRAWBERRIES

Geraldine Menges

- 2-3 oz. boxes of Jello strawberry flavored
- 1 cup flaked coconut
- Red Decorators Sugar
- 1 cup pecans
- ¾ cup Eagle Brand Milk

Combine Jello, pecans, coconut and stir in Eagle Brand milk and the vanilla. Chill one hour. Shape berries, roll in red sugar. Use green frosting leaves. Store tightly covered.

SUGAR-FREE CHOCOLATE FUDGE

Tillie Peintner

- 2 - 8 oz. pkgs. softened Cream Cheese
- 2 - 1 oz. squares unsweetened Chocolate, melted and cooled
- 1 oz. or ⅛ c. of Equal sweetener
- 1 tsp. Vanilla
- ½ c. of chopped Pecans or Walnuts

Beat the softened cream cheese, chocolate, sweetener, and vanilla in a small mixing bowl. When this is smooth, stir in the nuts. Pour into an 8 in. square baking pan lined with foil. Cover and refrigerate overnight. Cut into 16 squares. Serve Chilled.

SWEET BUTTER BALLS

Susan Stephany

- 1 lb. sweet butter
- 1 C. granulated sugar
- 2 C. ground almonds (1/2 lb.)
- 4 C. flour sifted
- 1 lb. powdered sugar
- 1 vanilla bean

Mix sweet butter and sugar. Add flour one cup at a time. Add almonds, stir in with spoon. Roll in small balls and place on cookie sheet. Bake for 10 minutes at 350°. They will brown underneath, so watch bottoms of them. When done roll balls in powdered sugar mixture. *Grind vanilla bean and mix with 1 lb. powdered sugar.

Recipe Favorites

This & That

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.

- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.

- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.

- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.

- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.

- Remove stale odors in the wash by adding baking soda.

- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.

- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.

- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.

- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.

- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.

- Tin coffee cans make excellent freezer containers for cookies.

- Add raw rice to the salt shaker to keep the salt free-flowing.

- Ice cubes will help sharpen garbage disposal blades.

This & That

BARBECUE SAUCE

Ruth Hill

½ C. brown sugar	¼ C. vinegar
½ C. ketchup	1 t. mustard

Mix brown sugar, ketchup, vinegar, and mustard together. This can be mixed in large quantities and stored in covered jar in refrigerator. Keeps indefinitely and is good to use on steaks, hamburger, and chicken.

BEST EVER 15 MINUTE SWEET PICKLES

Dorothy Moeder

- 4 qts. cucumbers- sliced or chunked
- 3 C. water
- 5 C. sugar
- 4 C. vinegar
- 1 T. salt
- 1 t. cloves
- 2 to 3 sticks cinnamon
- 1 t. allspice

Mix sugar, vinegar, water, and spices (tied in a bag). Bring to boiling point. While the vinegar solution is heating to a boil, wash and slice cucumbers. When solution boils drop in cucumbers boil for 5 minutes, then seal in hot jars. Pickles will be ready in a month.

CASSEROLE SAUCE MIX

Mary Tudor

- 2 c. Non-fat dry Milk
- ¾ c. Corn Starch
- ¼ c. instant Chicken Bouillon
- 1 tsp. dried Thyme, crushed
- 1 tsp. dried Basil
- 2 T. dried Onion Flakes
- ½ tsp. Pepper

Combine milk, cornstarch, bouillon, thyme, basil, flakes, and pepper. Store in a air tight container. Use as a substitute for one can condensed "cream of ..." soup. Mix ⅓ cup of dry mix with 1¼ cup water in a sauce pan. Cook and stir until thickened. Add 1 tablespoon of margarine if desired.

COCOA BALLS

Oma Thomas

1 C. confectioner's sugar
½ C. light corn syrup
½ C. peanut butter
2 C. Kellogg's Cocoa Krispies

Measure sugar into bowl, add syrup and peanut butter and mix well. Add Cocoa Krispies and mix until well coated. With clean hands, shape mixture into firm balls about the size of a quarter. Roll balls to coat in the extra slightly crushed cereal or confectioner's sugar. Place on cookie sheet or plate, set in cool place til firm.

DRESSING

Mary Robl

1 C. butter or margarine
2 C. chopped onion
2 C. chopped celery
2-8 oz. cans mushrooms - drained
12 to 13 C. dry bread cubes
1 t. poultry seasoning
¼ C. parsley sprigs
2 well beaten eggs
1½ t. salt
1½ t. sage
1 t. dried thyme
3½ to 4½ C. chicken broth or turkey broth

Melt butter in skillet and sauté onion, celery, parsley and mushrooms. Pour over bread cubes in a very large bowl. Add poultry seasoning, sage, salt, and thyme together and toss mixing well. Pour in enough broth to moisten. Add beaten eggs and mix well. Pack lightly into crock pot. Cover and set to high for 45 minutes; then reduce to low to cook for 4 to 8 hours. May change amounts of onion, celery, and mushrooms to taste.

EASTER IS NEW LIFE. THE JELLY BEAN DEVOTION

Doyle Merriman

RED: is for the blood he gave.
GREEN: is for the grass he made.
YELLOW: is for the sun so bright.
ORANGE: is for the edge of night.
BLACK: is for the sins we made.
WHITE: is for the grace he gave.
PURPLE: is for the hour of sorrow.
PINK: is for our new tomorrows.

(continued)

FRED'S PICKLED OKRA

Florence Robl

1 cup water
4 cup white vinegar
⅓ cup salt
small garlic clove
2 tsp. dill seed
1 red hot chili pepper
1 quart okra

Pack quart jar with okra. To each quart add garlic, chili pepper and dill or dill seed. Hear water, vinegar and salt to boiling. Pour over okra and seal jar. Age 6 weeks.

FROSTING FOR GERMAN CHOCOLATE CAKE

Tillie Prosser

½ C. butter or oleo
2½ T. flour
½ t. salt
½ C. milk
½ C. brown sugar
2 C. sifted powdered sugar
½ C. chopped nuts
1 t. vanilla

Blend butter, flour, salt and milk in a sauce pan. Cook about 1 minute. Remove from heat and add brown sugar; beat well. Let cool. Add powdered sugar and beat well. Add vanilla and nuts.

GAK

6th grader Leslie Wise

1 c. Sta-Flo concentrated liquid starch
½ c. Elmers Glue

Mix both starch and glue together until smooth with a spoon or with your fingers. Takes about 20 minutes. Keep in a Ziploc bag. Fun to play with for all ages.

HOT SAUCE TO CAN

Lori Thomas

8 C. chopped tomatoes- fresh
1 large onion chopped
4 to 10 jalapeño peppers- chopped
several mixed peppers- hot and sweet
2 T. garlic salt
2 T. cumin
4 to 8 tomatillos- peeled and chopped

Put all tomatoes chopped in large stock pot. Chop onions, peppers, mixed peppers, salt, cumin, and tomatillos. Add to the stock pot and cook for 1 to 2 hours til desired thickness. Sterilize mason jars in hot water or run through dishwasher. Use tongs. Pour sauce in jars- wipe top clean and put lids on tight. Put jars in water bath- boiling water for ½ hour. Will seal in 2 to 4 hours. Can Pressure cook them: pints 6 pounds pressure for 20 minutes; Quarts at 11 pounds pressure for 15 minutes.

KOOL-AID PLAYDOUGH

Robin Doll

2½ C. flour
½ C. salt
3 T. cooking oil
2 C. boiling water
2 -small unsweetened Kool-Aid

Mix flour, salt, and Kool-Aid together. Then add oil and water. Stir quickly. When cool, mix with hands. Store in air tight container. Take out have fun and play all day long!

PEANUT BUTTER ROLL UP

8th grader Lisa Nemnich

1 Flour tortilla
Peanut Butter
(If you want, add jelly, honey, or fruit.)

Spread peanut butter on one side of tortilla. Then add jelly, honey, or fruit if you want. Roll up tortilla and enjoy. Makes one serving.

POPCORN SQUARES

Ist grader Kylie Birzer

8 cups Popcorn
1 cups Peanuts
1 cup M & M's Chocolate candies
1 cup gumdrops
1 cup butter
1 (16 oz. pkg.) marshmallows

Combine popcorn, peanuts and candies in bowl; mix well. Heat butter and marshmallows in saucepan over low heat, stirring constantly until blended. Pour over popcorn mixture, tossing to coat. Spread in 9 x 13 inch dish. Chill for several hours. Cut into squares.

POPPY SEED DRESSING

Ginger Thill

1 medium onion, finely chopped
1½ C. sugar
2 t. dry mustard
2 t. salt
2/3 C. vinegar
2 C. vegetable oil
3 T. poppy seed

In blender, place onion, sugar, dry mustard, salt and vinegar. Blend until well mixed. Slowly blend in oil and poppy seed. Chill. Toss with vegetable salad just before serving.

PUDDING FROSTING

Melanie Zink

1 small white chocolate pudding
2 envelopes dry whip topping
1¼ C. milk

Mix pudding, dry whip topping, and milk together heat until thickens. The longer you beat, the thicker it will become. May add food coloring for different colors. If using candy decorations put them on just before serving.

PUPPY CHOW

5th Grader Kyle Nemnich

1 - 12 oz. box square rice cereal
1 - 12 oz. bag chocolate chips
⅔ C. creamy peanut butter
1 stick margarine
1-1 lb. box powdered sugar

(continued)

In microwave, melt chocolate chips, peanut butter and margarine; stir until smooth. Put cereal in a big plastic container with a tight fitting lid. Pour chocolate mixture over cereal and stir. Sprinkle powdered sugar over the mixture, cover and shake well. Spread on 2 cookie sheets to cool. Store in refrigerator or freezer. Makes 3 quarts.

QUICK FROSTING

Lori Thomas

2 T. Butter
1 T. Flour
¼ c. Brown Sugar
¼ c. Milk
1 tsp. Vanilla
1 c. Powder Sugar

Bring butter, flour, brown sugar, and milk to a boil then add vanilla and powder sugar. Spread over any cake of your choice.

RHUBARB JAM

Marilee Huslig

5 C. cut rhubarb
1 C. water
3½ C. sugar or less
1 can pie filling-cherry or blueberry
1 6 oz. package Jello-lemon, raspberry or blueberry

Bring the rhubarb and water to boil-cook on low 5 minutes. Add the sugar and Jello and cook 8 minutes on low heat- chop pie filling up and mix. Put in jars and keep in refrigerate or freeze.

STICK PICKLES

Vada Yarmer

6 or 7 large cucumbers
1 cup pickling lime
4 cups sugar
2 cups vinegar
1 stick cinnamon
2 tsp. pickling spice
½ tsp. celery seed
¼ tsp. mustard seed

Peel and cut cucumbers in sticks. Add the pickling lime to a gallon of water and soak overnight. Wash. Make a solution of the sugar, vinegar, cinnamon, pickling spice, celery seed and mustard seed. Heat and pour over pickles. Let it stand 3 or 4 hours. Reheat. Put in jars and seal hot.

SWEET RELISH

In memory of Mable Bousser

½ Peck or 4 qt. Green Tomatoes
6 Green Peppers
1 pt. White Vinegar
2 t. Mustard Seed
2 T. Salt
6 lg. Onions
2 lb. Sugar
½ t. Turmeric
2 T. Celery Seed
2 Whole Cloves

Grind tomatoes and peppers with coarsest knife. Drain well through colander. Grind onions and add all to hot syrup made of sugar, vinegar, and spices. Heat to boiling. Simmer 3 minutes. Seal in hot jars.

Recipe Favorites

Recipe Favorites

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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling (½ cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.

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Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
2. To 1 teaspoon soda use 2 ¼ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits	to 1 cup flour use 1 ¼ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 ½ tsp. baking powder
popovers	to 1 cup flour use 1 ¼ tsp. baking powder
waffles	to 1 cup flour use 1 ¼ tsp. baking powder

Proportions of Liquid to Flour

drop batter	to 1 cup liquid use 2 to 2 ½ cups flour
pour batter	to 1 cup liquid use 1 cup flour
soft dough	to 1 cup liquid use 3 to 3 ½ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°

Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.

Napkin Folding

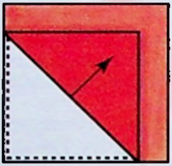
General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.

1, 2



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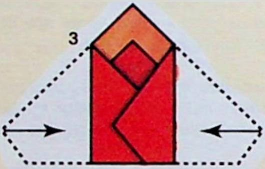

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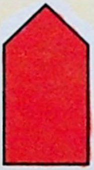


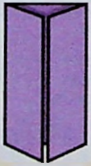
Instructions:
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:
1. Fold left and right edges to center, leaving ½" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

1



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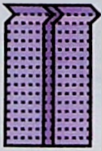

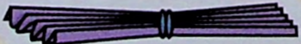

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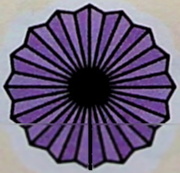

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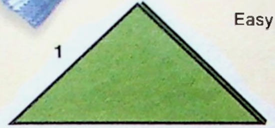
Napkin Folding

Candle

Easy to do; can be decorated.



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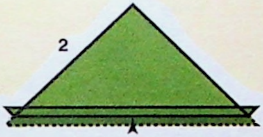

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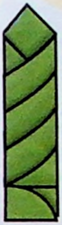


3

Instructions:

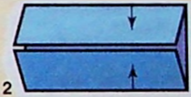
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



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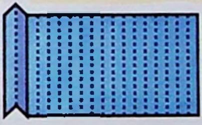

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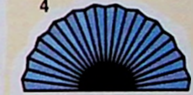
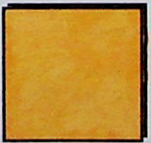


4

Lily

Effective and pretty on table.



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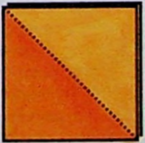

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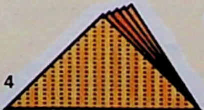

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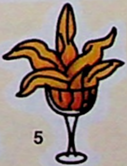


5

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

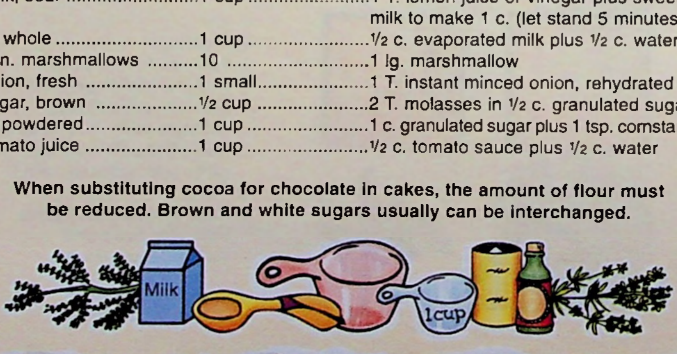
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 ½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place ½ pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 ½ minutes. One 3-ounce package of cream cheese will soften in 1 ½ to 2 minutes.
5. A 4 ½ ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 ½ minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz.	90
coffee (black)	0
cola type, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

Breads

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpernickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

Cereals

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

Crackers

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

Dairy Products

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

Fish and Seafood

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110

Calorie Counter

Fruits

apple, 1 med.	80-100
applesauce, sweetened, ½ c.	90-115
unsweetened, ½ c.	50
banana, 1 med.	85
blueberries, ½ c.	45
cantaloupe, ½ c.	24
cherries (pitted), raw, ½ c.	40
grapefruit, ½ med.	55
grapes, ½ c.	35-55
honeydew, ½ c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, ½ c.	40
canned in syrup, ½ c.	95
plum, 1 med.	30
strawberries, fresh, ½ c.	30
frozen and sweetened, ½ c.	120-140
tangerine, 1 lg.	39
watermelon, ½ c.	42

Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz	156
roast, 3 oz.	76

Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

Pasta

macaroni or spaghetti, cooked, ¾ c.	115

Salad Dressings

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

Soups

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

Vegetables

asparagus, 1 c.	35
broccoli, cooked, ½ c.	25
cabbage, cooked, ½ c.	15-20
carrots, cooked, ½ c.	25-30
cauliflower, ½ c.	10-15
corn (kernels), ½ c.	70
green beans, 1 c.	30
lettuce, shredded, ½ c.	5
mushrooms, canned, ½ c.	20
onions, cooked, ½ c.	30
peas, cooked, ½ c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, ½ c.	30

Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au Jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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